

Directions: As a dietary supplement, take one capsule daily or as directed by a healthcare practitioner.

Bluebonnet's Dry E-400 IU Plus Selenium Capsules contain natural vitamin E from oil-free d-alpha tocopheryl succinate, plus selenium from yeast-free L-selenomethionine. Available in easy-to-swallow vegetable capsules for maximum assimilation and absorption.

Bluebonnet's KOF-K Certification #K-0000700

Manufactured by
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120 Vegetable Capsules



Bluebonnet®



Dry E-400 IU Plus Selenium

Natural d-Alpha Tocopheryl
Dietary Supplement

Supplement Facts

Serving Size 1 Capsule

Amount Per Serving		% Daily Value
Vitamin E (as d-alpha tocopheryl succinate)	400 IU	1333
Selenium (as yeast-free L-selenomethionine)	200 mcg	286

Daily Value based on a 2,000 calorie diet.

Other ingredients: Kosher vegetable capsules, vegetable magnesium stearate, vegetable cellulose, calcium carbonate.

Contains: Soybeans

Free of milk, egg, fish, crustacean shellfish, tree nuts, peanuts and wheat.

Also free of corn, yeast, gluten, barley, rice, sodium and sugar.

Minerals are shown in their elemental value.