

**swanson.com**

or call 1-800-437-4148

- Vitamin E from 100% d-alpha tocopherol
- For daily antioxidant support
- Essential for cardiovascular health

**Science-Backed Quality Since 1969**

**Suggested use:** As a dietary supplement, take one softgel per day with water.

**WARNING:** For adults only. Consult your physician before using this or any product if you are pregnant or nursing, taking medication, or have a medical condition. Keep out of reach of children.

Do not use if seal is broken. Store in a cool, dry place. Do not refrigerate.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



**SWANSON®**

**E**

**NATURAL VITAMIN E**  
**Antioxidant and Essential Nutrient**

**400 IU per softgel 100% D-ALPHA TOCOPHEROL**

**VITAMIN SUPPLEMENT | 100 SOFTGELS**

## Supplement Facts

Serving Size 1 Softgel

Amount Per Serving	% Daily Value
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Vitamin E	268 mg	1,787%
(as d-alpha tocopheryl acetate)		

Other ingredients: Soybean oil, gelatin, glycerin, purified water.

Contains soy.

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