

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

**Bluebonnet's Full Spectrum Vitamin E Complex Licaps** are specially formulated with d-alpha tocopherol and full spectrum tocopherol isomers (alpha, beta, delta and gamma) and tocotrienol isomers (alpha, beta, delta and gamma) from sustainably-sourced, non-hydrogenated palm oil from Malaysia, which enforces strict environmental regulations. Research has found that a total vitamin E complex containing all family members may provide more health benefits than just d-alpha tocopherol alone. Available in easy-to-swallow, liquid-filled, vegetable-derived capsules (Licaps) for a truly vegetarian formula from the inside out.

**Free** of milk, egg, fish, crustacean shellfish, tree nuts, peanuts and wheat. Also free of corn, yeast, gluten, barley, rice, sodium and sugar.

Bluebonnet's KOF-K Certification #K-0000700

Licaps® is a registered trademark of Capsugel, Inc.

Made in USA from domestic and imported ingredients.

Caution: For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition.

Keep out of reach of children.



Manufactured for  
**Bluebonnet Nutrition Corporation**  
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d-Alpha, Mixed Tocopherols  
& Tocotrienols  
Dietary Supplement  
**30 Licaps**



**Bluebonnet**



Full Spectrum

**Vitamin E  
Complex**

Rich  
Source of  
Antioxidant  
Vitamin E

## Supplement Facts

Serving Size 1 Liquid-Filled Capsule

Amount Per Serving		% Daily Value
Vitamin E (as 200 IU d-alpha tocopherol)	134 mg	893
Mixed Tocopherols (Supplying d-alpha tocopherol, d-delta tocopherol, d-gamma tocopherol and d-beta tocopherol)	320 mg	*
Mixed Tocotrienols (Supplying d-gamma tocotrienol, d-alpha tocotrienol, d-delta tocotrienol and d-beta tocotrienol)	25 mg	*

Daily Value based on a 2,000 calorie diet.

\*Daily Value not established.

Other ingredients: Kosher vegetable capsules, vegetable cellulose, medium chain triglycerides, silica.

**Contains: Soybeans**