

Vitamin E and selenium are natural antioxidants that work together to provide superior cellular protection. Research shows that natural vitamin E is more bioavailable to the body than synthetic sources. Our **Vitamin E with Selenium** contains all natural, unesterified d-alpha tocopherol in a base of mixed tocopherols, including d-beta, d-gamma, and d-delta. Organic selenium works synergistically with vitamin E to protect cell membranes. Lecithin is added to the formula to provide a natural source of phosphatidylcholine, phosphatidylinositol, and phosphatidylethanolamine. Lecithin also helps to emulsify vitamin E, making it easier to digest. This product contains natural ingredients, which may result in color variation from batch to batch.*

**WE GUARANTEE OUR SUPPLEMENTS
FOR POTENCY AND PURITY**

To report a serious adverse event, call 1-888-710-0006

* 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.

VITAMIN E 400 IU

With Selenium
Provides Antioxidant Activity†
Dietary Supplement
60 PERLECAPS



Supplement Facts

Serving Size 2 Perlecaps

Servings Per Container 30

Amount Per Serving	% Daily Value	
Calories	30	
Calories from fat	25	
Total Fat	3 g	5%**
Vitamin E (as d-alpha-tocopherol)	400 IU	1333%
Selenium (as yeast-free L-selenomethionine)	100 mcg	143%
Lecithin (from soy)	1600 mg	*

* Daily Value not established.

** Percent Daily Value based on a 2,000 calorie diet.

Other Ingredients: Perlecaps (gelatin, glycerin), soy oil and yellow beeswax.

SUGGESTED USE: Take 2 perlecaps daily with meals or a glass of water.

CONTAINS NO artificial colors, flavors or preservatives; no wheat, gluten, milk, eggs, peanuts, tree nuts, crustacean shellfish or fish.

Most soy allergies are actually allergies to soy protein. Our vitamin E is derived from soybean oil that does not contain soy protein.

Perlecap Size: 22 oblong. **Store in a cool, dry place.**

KEEP OUT OF REACH OF CHILDREN.

VL 125G

