



**E Complex-1:1™** is a pure, unesterified vitamin E formula that features d-alpha tocopherol combined with a mixed tocopherol blend, achieving a one-to-one ratio of alpha to gamma tocopherols. This unique formula is designed to provide the antioxidant benefits that come from consuming a comprehensive family of tocopherols.

**This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.**

**DIRECTIONS:** Take two softgels daily with a meal or as directed by your healthcare practitioner.

**CAUTION:** Keep out of the reach of children.

**STORAGE:** Keep tightly closed in a cool, dry place.

**Formulated to Exclude:** Wheat, gluten, corn, dairy products, nuts, tree nuts, fish, crustacean shellfish, colors, artificial sweeteners, and preservatives.



## E Complex-1:1™

1:1 Ratio of Alpha and  
Gamma Tocopherols

Dietary Supplement

60 SOFTGELS

## Supplement Facts

Serving Size 2 Softgels  
Servings Per Container 30

|                                | Amount Per Serving | % Daily Value |
|--------------------------------|--------------------|---------------|
| Vitamin E (d-alpha tocopherol) | 400 IU†            | 1333%         |
| Gamma Tocopherol               | 270 mg             | *             |
| Delta Tocopherol               | 98 mg              | *             |
| Beta Tocopherol                | 6 mg               | *             |

\*Daily Value not established.

Other Ingredients: Gelatin, glycerin, soybean oil, and water.

Distributed By: **METAGENICS, INC.**  
Makers of Professional Quality Supplements  
100 Ave. La Pata, San Clemente, CA 92673  
[www.metagenics.com](http://www.metagenics.com)

†400 IU is equivalent to 270 mg of alpha tocopherol. This provides a 1:1 ratio of alpha to gamma tocopherols.