

swanson.com
or call 1-800-437-4148

- Soy-free, non-GMO vitamin E from sunflower oil
- Essential for cardiovascular health
- For daily antioxidant support

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[®]

Real Food E

NATURAL VITAMIN E
Antioxidant and Essential Nutrient

400 IU per softgel FROM NON-GMO SUNFLOWER OIL

VITAMIN SUPPLEMENT | 60 SOFTGELS

Supplement Facts

Serving Size 1 Softgel

Amount Per Serving	% Daily Value
Natural Vitamin E 268 mg	1,787%
(as d-alpha tocopherol) (from non-GMO sunflower seed oil)	

Other ingredients: Gelatin, glycerin, sunflower oil, water.

DISTRIBUTED BY SWANSON HEALTH PRODUCTS
 Fargo, ND 58104 USA • 1-800-437-4148 Rev 1 03 06 19

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