

Natural Vitamin E is an essential nutrient and is the body's primary, fat-soluble antioxidant. Vitamin E provides nutritional support for the cardiovascular system, skin, and the immune system.* It helps fight cell-damaging free radicals that cause oxidative stress in the body, which may contribute to the premature aging of cells. This formulation provides natural Vitamin E (as d-Alpha Tocopherol plus d-Beta, d-Delta and d-Gamma Tocopherols). It is offered in oil-based softgels to promote optimal absorption and assimilation.*



Carefully Manufactured for:
Solgar, Inc., 500 Willow Tree Road
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NATURAL
VITAMIN E
200 IU

d-ALPHA TOCOPHEROL
PLUS

d-BETA TOCOPHEROL, d-DELTA TOCOPHEROL
and d-GAMMA TOCOPHEROL

GLUTEN, WHEAT & DAIRY FREE

100 SOFTGELS

DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 1 Softgel

Amount Per Serving	%DV	
Calories	5	
Total Fat	0.5 g	<1%**
Vitamin E	200 IU	667%
(as d-Alpha Tocopherol plus d-Beta, d-Delta and d-Gamma Tocopherols)		

**Percent Daily Values (DV) are
based on a 2,000 calorie diet.

Other Ingredients: Safflower Oil, Gelatin,
Vegetable Glycerin.

**FREE OF: Gluten, Wheat, Dairy,
Yeast, Sugar, Sodium, Artificial
Flavor, Sweetener, Preservatives
and Color.**

SUGGESTED USE: As a dietary
supplement for adults, take one (1)
to two (2) softgels daily, preferably
with meals, or as directed by a
healthcare practitioner.

If you are pregnant, nursing, taking any
medication or have a medical condition,
please consult your healthcare practitioner
before taking any dietary supplement. Keep
out of reach of children. Store in a cool, dry
place. Do not use if outer bottle seal is missing,
torn or damaged in any way.

*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.

