

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
Leonia, NJ 07605 U.S.A.



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NATURAL VITAMIN E 400 IU

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

NATURAL ANTIOXIDANT*

GLUTEN, WHEAT & DAIRY FREE

50 SOFTGELS

DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 1 Softgel

Amount Per Serving	%DV	
Calories	5	
Calories from Fat	5	
Total Fat	0.5 g	<1%**
Vitamin E	400 IU	1333%
(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)
softgel daily, preferably with a meal,
or as directed by a healthcare
practitioner.

If you are pregnant, nursing, taking any
medications or have any medical condition,
please consult your healthcare practitioner
before taking any dietary supplement.
Discontinue use and consult your healthcare
practitioner if any adverse reactions occur.
Keep out of reach of children. Store at room
temperature. Do not use if outer bottle seal is
missing or damaged.

*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.

