

SUGGESTED USE: As a dietary supplement for adults, take one quarter (1/4) Teaspoon (1.25 ml) daily, preferably at mealtime, or as directed by a health-care practitioner.

Vitamin E is an important, essential nutrient that is crucial for good health. It is the body's primary, fat-soluble, antioxidant and has several forms, called tocopherols. It is found in most vegetable oils, wheat germ, raw seeds and nuts, eggs, leafy vegetables and legumes. Vitamin E supports various bodily functions, including nutritional support for the skin, and the immune system. As an antioxidant, 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 in a convenient liquid dosage form.*

*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.

Carefully Manufactured by:
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For more information, call toll-free
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N A T U R A L

LIQUID VITAMIN E

MIXED TOCOPHEROL COMPLEX
WITH WHEAT GERM OIL

20,000 IU
(PER 2 OUNCES)

SUITABLE FOR VEGETARIANS



4 FL.OZ. (118.4 ml)

DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 1/4 Teaspoon
Servings Per Container: 94

Amount Per Serving		%DV
Vitamin E	500 IU	1667%
(as d-Alpha Tocopherol plus d-Beta, d-Delta and d-Gamma Tocopherols)		

DV=Daily Value

Other Ingredients: Wheat Germ Oil, Sunflower Oil.

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

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.

Solgar's KOF-K certification #K-1250

