

## Natural Gamma-E

Natural Gamma-E contains alpha-tocopherol balanced with gamma-tocopherol.\* Research suggests that gamma-tocopherol complements alpha-tocopherol, because excessive alpha-tocopherol may deplete plasma gamma-tocopherol.\* Natural tocopherols come from soy.

### Suggested Use

As a dietary supplement, 1 or 2 softgels one or two times daily with meals, or as directed by a healthcare practitioner.

Keep in a cool, dry place, tightly capped.



# Natural Gamma-E

Full Spectrum Tocopherols



dietary supplement  
300 softgels

## Supplement Facts

Serving Size 2 Softgels  
Servings Per Container 150

Amount Per Serving % Daily Value\*

Vitamin E (as High-Gamma Mixed Tocopherols and D-alpha-Tocopherol) 722 mg providing

D-alpha-Tocopherol	400 IU	1333%
D-gamma-Tocopherol	400 mg	†
D-delta-Tocopherol and		
D beta-Tocopherol	100 mg	†
Tocotrienols	4 mg	†

† Daily Value not established. \* Percent Daily Value are based on a 2,000 calorie diet

Other ingredients: Gelatin, glycerin, purified water, soybean oil.

Formulated exclusively for Allergy Research Group®  
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