Vitamin F and selenium are natural antioxidants that work together to provide superior cellular protection. Research shows that natural vitamin F is more bioavailable to the body than synthetic sources. Our Vitamin F with Selenium contains all natural unesterified d-alpha tocopherol in a base of mixed tocopherols, including d-beta, d-gamma, and d-delta. Organic selenium works synergistically with vitamin E to protect cell membranes. Lecithin is added to the formula to provide a natural source of phosphatidylcholine. phosphatidylinositol. phosphatidylethano-lamine. Lecithin also helps to emulsify vitamin E, making it easier to digest. This product contains natural ingredients, which may result in color variation from batch to batch !

## WE GUARANTEE OUR SUPPLEMENTS FOR POTENCY AND PURITY

To report a serious adverse event, call 1-888-710-0006 †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.

## VITAMIN 400 IU With Selenium

Provides Antioxidant Activity<sup>†</sup> Dietary Supplement

**60 PERLECAPS** 

COMPARE TO SOLARAY® BIO E® WITH SELENIUM

## Supplement Facts Serving Size 2 Perlecaps Servings Per Container 30

Amount Per Serving % Daily Value Calories from fat Total Fat 400 III

Selenium (as yeast-free I-selenomethionine)

Lecithin (from sov)

 Daily Value not established.
Percent Daily Value based on a 2.000 calorie diet. Other Ingredients: Perlecaps (gelatin, glycerin), soy oil and yellow beeswax. SUGGESTED USE: Take 2 periecaps daily with meals or a glass of water.

CONTAINS NO artificial colors, flavors or preservatives; no wheat, gluten, milk, eggs, peanuts, tree nuts, crustacean shellfish or fish.

Most soy allergies are actually allergies to soy protein. Our vitamin E is derived from sovbean oil that does not contain sov protein.

Perlecap Size: 22 oblong. Store in a cool, dry place. KEEP OUT OF REACH OF CHILDREN.

125-600

100 mcg

1600 ma