

Read the entire label and follow the directions carefully prior to use.
DIRECTIONS: Take one (1) softgel once or twice daily with food, or as recommended by a healthcare practitioner.

CAUTION: If you are taking anti-coagulant or anti-platelet medications, or have a bleeding disorder, consult your healthcare provider before taking this product.

WARNINGS:

- KEEP OUT OF REACH OF CHILDREN.
- DO NOT EXCEED RECOMMENDED DOSE.
- Do not purchase if outer seal is broken or damaged.
- When using nutritional supplements, please consult with your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating.

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.

Store tightly closed in a cool, dry place.

For optimal potency
use by:

Lot No.:



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Life Extension®

Foundation for Longer Life

GAMMA E TOCOPHEROL

with Sesame Lignans



Enhanced, Natural
Form of Vitamin E

Dietary Supplement
60 Softgels

Rev. 3/13

Supplement Facts

Serving Size 1 Softgel

Amount Per Serving	% Daily Value
Vitamin E (as D-alpha tocopherol)	45 IU 150%
Gamma E Mixed Tocopherols	359 mg **
Typical profile:	
Gamma tocopherol	197.45 - 269.25 mg
Delta tocopherol	71.8 - 107.7 mg
Alpha tocopherol	30.52 - 43.08 mg
Beta tocopherol	<17.95 mg
Sesame seed (<i>Sesamum indicum</i>) lignan extract	20 mg **

**Daily Value not established

Other ingredients: gelatin, glycerin, purified water, silica, sunflower lecithin, carob color, rosemary extract.

Contains soybeans.

Manufactured for:
Quality Supplements and Vitamins, Inc., Ft. Lauderdale, FL 33309
info@lifeextension.com • www.lef.org
To report a serious adverse event or obtain product information,
contact 1-866-280-2852.