

USAGE: Take 1 softgel up to 2 times per day with meals or as directed by your qualified health care consultant.

NOTE: If you have a medical condition, are preparing for or recovering from surgery, pregnant, lactating, trying to conceive, under the age of 18, or taking medications, consult your health care practitioner before using this product.

Gamma E 300™ contains gamma tocopherol, one of the eight members of the vitamin E family found concentrated in plant seeds and vegetable oils. Typical vitamin E supplements only offer d-alpha tocopherol, which has been shown to deplete serum gamma tocopherol and alpha tocotrienol.*

Gamma tocopherol is especially protective against reactive nitrogen species, free radicals that damage lipids, proteins and DNA.* Each softgel of Gamma E 300™ contains more gamma tocopherol than a kilogram of pecans, pistachios, or walnuts.

Keep out of the reach of children.

* 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.

Lot #. Best Used Before:

Jarrow FORMULAS®

Gamma Tocopherol Gamma E

300™ Mixed Tocopherol
Complex

**Inhibits
Nitric Oxide Radicals***

**120 Softgels
Dietary Supplement**

Supplement Facts

Serving Size 1 Softgel

Servings Per Container 120

	Amount Per Serving	% DV
Mixed Tocopherol Complex		
Vitamin E (d-alpha tocopherol)	50 IU (34 mg)	167%
Gamma-tocopherol	300 mg	*
Other tocopherols (d-beta & d-delta)	100 mg	*

* Daily Value not established.

Other Ingredient: Soybean oil. Softgel consists of gelatin, glycerin, water and carob (as a light barrier).

Contains: Soy.

No wheat, no gluten, no dairy, no egg, no fish/shellfish, no peanuts/tree nuts.

Distributed Exclusively by:

Jarrow FORMULAS®

Superior Nutrition and FormulationSM

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