

**SOURCE NATURALS®**

DIETARY SUPPLEMENT

# VITAMIN E

**D-ALPHA TOCOPHEROL  
A FAT-SOLUBLE ANTIOXIDANT\***

**400 IU • 250 SOFTGELS**

## Supplement Facts

Serving Size 1 Softgel

	<b>Amount Per Serving</b>	<b>%DV</b>
Vitamin E (as natural <i>D-alpha</i> tocopherol)	400 IU	1,333%

Other ingredients: gelatin, glycerin, and purified water.

### Contains soy.

Vitamin E is a fat-soluble vitamin which is one of the body's chief antioxidants and is considered the first line of defense against lipid peroxidation (protecting cell membranes against free radicals). It plays a vital role in maintaining both skeletal and smooth muscle, and is necessary for the synthesis and maintenance of red blood cells.\*

**Suggested Use:** 1 to 2 softgels daily.

**NOTE:** If you are pregnant, may become pregnant, or breastfeeding, consult your health care professional before using this product.

**Do not use if either tamper-evident seal is broken or missing. Keep out of the reach of children.**

Contains no yeast, dairy, egg, gluten or wheat. Contains no sugar, starch, salt, preservatives, or artificial color, flavor or fragrance.

**\*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.**

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Manufactured for:  
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