

**SOURCE NATURALS®**



DIETARY SUPPLEMENT

**VITAMIN E**

**D-ALPHA TOCOPHEROL**

**A FAT-SOLUBLE ANTIOXIDANT\***

**400 IU • 50 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.**

Manufactured for:  
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