

Natural Vitamin E is an essential nutrient and is the body's primary, fat-soluble antioxidant.* Vitamin E provides nutritional support for the cardiovascular system, skin and the immune system.* It helps fight cell-damaging free radicals that can cause oxidative stress in the body, which may contribute to the premature aging of cells.* This formulation provides natural Vitamin E (as d-Alpha Tocopherol plus d-Gamma, d-Delta, and d-Beta Tocopherols). It is offered in plant oil-based, vegetarian softgels to support optimal absorption and assimilation.*

Carefully Manufactured for:
Solgar, Inc.
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NATURAL SOURCE
VITAMIN E
200 IU

d-ALPHA TOCOPHEROL
PLUS
d-GAMMA TOCOPHEROL, d-DELTA TOCOPHEROL
and d-BETA TOCOPHEROL

GLUTEN, WHEAT & DAIRY FREE
SUITABLE FOR VEGETARIANS

100 VEGETARIAN SOFTGELS

DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 1 Softgel

Amount Per Serving	%DV
Calories	5
Vitamin E	200 IU 667%
(as d-Alpha Tocopherol plus d-Gamma, d-Delta and d-Beta Tocopherols)	

DV= Daily Value

Other Ingredients: Safflower Oil, Modified Starch (from corn), Vegetable Glycerin, Carrageenan, Disodium Phosphate, Medium Chain Triglycerides, Soy Lecithin.

**FREE OF: Gluten, Wheat, Dairy, Yeast,
Sugar, Artificial Flavor, Sweetener,
Preservatives and Color.**

SUGGESTED USE: As a dietary supplement for adults, take one (1) vegetarian softgel one to two times daily, preferably with a meal, or as directed by a health-care practitioner.

If you are pregnant, nursing, taking any medication, planning any medical procedure or have a medical condition, please consult your healthcare practitioner before taking any dietary supplement. Discontinue use and consult your healthcare practitioner if any adverse reactions occur. Keep out of reach of children. Store at room temperature. Do not use if outer bottle seal is missing or damaged.

PRODUCT OF JAPAN

*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.

