

Vitamin E is an essential nutrient and is the body's primary, fat-soluble antioxidant. Vitamin E provides nutritional support for the many cells, including heart muscle cells, and the immune system. It helps fight cell-damaging free radicals that cause oxidative stress in the body, which may contribute to the premature aging of cells. This formulation provides natural source Vitamin E (as d-Alpha tocopherol plus d-Gamma, d-Delta and d-Beta tocopherols). It is offered in oil-based softgels to promote optimal absorption and assimilation.\* This product contains 670 mg of Vitamin E. This can also be measured as 1000 IU.

Carefully Manufactured for:  
Solgar, Inc., 500 Willow Tree Road  
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NATURAL SOURCE  
**VITAMIN E**  
**670 mg (1000 IU)**

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

NATURAL ANTIOXIDANT\*

GLUTEN, WHEAT & DAIRY FREE

**100 SOFTGELS**

DIETARY SUPPLEMENT

## Supplement Facts

Serving Size: 1 Softgel

Amount Per Serving	%DV	
Calories	10	
Total Fat	1 g	1%**
Vitamin E	670 mg	4,467%
(as d-Alpha Tocopherol plus d-Gamma, d-Delta and d-Beta Tocopherols)		

\*\*Percent Daily Values (DV) are based on a 2,000 calorie diet

Other Ingredients: Gelatin, Vegetable Glycerin, Safflower Oil.

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

**SUGGESTED USE:** As a dietary supplement for adults, take one (1) softgel daily, preferably with a meal or as directed by a healthcare practitioner.

If you are pregnant, nursing, taking any medications, planning any medical or surgical procedure or have any 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.

\*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.

