

Pure Natural Vitamin E

400 IU, 100 capsules

Item Catalog Number: 00063

This member of the vitamin E family may:

- Maintain cell membrane integrity and reduce cellular aging⁹⁶⁻⁹⁸
- Act as a free radical scavenger^{99,100}
- Maintain healthy platelet aggregation¹⁰¹⁻¹⁰⁶
- Promote a healthy nervous system and retina of the eye¹⁰⁷⁻¹¹⁰
- Maintain healthy cognitive function¹¹¹⁻¹¹⁵
- Enhance immune function^{86,116-120}

References

Supplement Facts

Serving Size 1 capsule

Servings Per Container 100

Amount Per Serving

Vitamin E (as D-alpha tocopheryl succinate)

400 IU

Other ingredients: gelatin, magnesium stearate, rice flour.

Contains soybeans. Contains rice.

This product contains NO milk, egg, fish, peanuts, crustacean shellfish (lobster, crab, shrimp) tree nuts, wheat, yeast, gluten, or corn. Contains NO sugar, and no artificial sweeteners, flavors, colors, or preservatives.

Dosage and Use

- Take one capsule daily with a fat-containing meal, or as recommended by a healthcare practitioner.

Caution

If you are taking anti-clotting medication, consult with your doctor before taking vitamin E. Ingestion of total vitamin E products in excess of 1200 IU daily may interfere with absorption and metabolism of vitamins A and K.

Warnings

- Keep out of reach of children.
- Do not exceed recommended dose.
- Do not purchase if outer seal is broken or damaged.
- If you have a bad reaction to product discontinue use immediately.
- When using nutritional supplements, please consult with your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating.

without first consulting your physician.