

Solgar Natural Vitamin E Complex

- **D-Alpha Tocopherol plus d-Beta, d-Delta and d-Gamma Tocopherols**
- **Natural Antioxidant**
- **Gluten, Wheat & Dairy Free**

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, prostate, 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 Vitamin E (as d-Alpha Tocopherol plus d-Beta, d-Delta and d-Gamma tocopherols). It is offered in oil-based softgels to promote optimal absorption and assimilation.

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

Free Of Gluten, wheat, dairy, yeast, sugar, sodium, artificial flavor, sweetener, preservatives and color.

*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.

Supplement Facts

Serving Size: 1 Softgel

Servings per Container: 250

	Amount Per Serving	% Daily Value
Calories	5	
Calories from Fat	5	
Total Fat	0.5 g	<1%
Vitamin E (as D-alpha tocopherol plus d-Beta, d-Delta and d-Gamma Tocopherols)	400 IU	1,333%

Other Ingredients: Safflower oil, gelatin, vegetable glycerin.

Warnings

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking any dietary supplement.