

NATURAL MIXED TOCOPHEROL E-400

Natural Mixed Tocopherol E-400 is a Vitamin E supplement with Mixed Tocopherols. The Vitamin E provided is in the all natural pure d-alpha Tocopherol form. The inclusion of the mixed tocopherols increase bioavailability and provides added antioxidant activity.*

About Vitamin E and "mixed" Tocopherols

- Vitamin E is named "Tocopherol," a chemical name derived from Greek. The first Tocopherol ever discovered was alpha Tocopherol. As more were discovered and isolated, each new Tocopherol was given the next name in the Greek alphabet. Today, in addition to alpha Tocopherol, there are beta, gamma, delta and epsilon Tocopherols. The alpha Tocopherol form is found in the largest quantities in human blood and tissue. The advantage of mixed Tocopherol products is that they have greater antioxidant activity due to the presence of the beta, delta and gamma Tocopherols.*

As an Antioxidant:

- Vitamin E is a potent fat-soluble antioxidant that helps prevent free radical damage.* Free radicals contribute to many of the health problems associated with aging. Free radicals are highly reactive substances that result from normal metabolism, aging and exposure to environmental factors such as cigarette smoke, pollutants and ultraviolet light. It protects other fat-soluble vitamins from destruction by oxygen and helps with the utilization of Vitamin A. Vitamin E also helps to protect cholesterol from oxidation and supports circulation and blood viscosity.*

Natural vs. Synthetic

- Natural Vitamin E is better than synthetic Vitamin E because it is more available to the body. Synthetic Vitamin E is only 67 percent as active as the natural form. The d-alpha Tocopherol form of Vitamin E is natural and the most potent.* The natural form is listed on a label as d-alpha Tocopherol. The synthetic form is listed as dl-alpha-Tocopherol. The synthetic form costs less but has significantly less activity.*

Recommended for:

- Skin health*
- Tissue recovery*
- Protection against free radical damage*
- Circulation*
- Regulating blood viscosity*

Natural Mixed Tocopherol E-400 is:

- In an easy-to-swallow softgel
- All natural

Suggested Use: As a dietary supplement, take 1 softgel daily with a meal or as directed by your healthcare practitioner.

Supplement Facts

Serving Size 1 Softgel
Servings Per Container 60

Amount Per Serving	% Daily Value
Vitamin E (as d-alpha Tocopherol) 268 mg	1,787%
Mixed Tocopherols 67 mg yielding d-gamma 55 mg, d-delta and d-beta 11.9 mg	*

* Daily Value is not established

Other ingredients: gelatin, glycerin, purified water, soybean oil.

Warning: If pregnant or nursing, consult your healthcare practitioner before taking this product.

GLUTEN FREE

*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.

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