

Vitamin E 400



Important Reasons to use Vitamin E:

- Main function is as an antioxidant
- Maintains the integrity of the cell membrane
- Protects low density lipoproteins from peroxidation

Uses For Vitamin E:

It has been estimated that 90 % of the population does not get the Minimum Daily Requirement (MDR) of Vitamin E in the diet without supplementation.

It is also necessary to protect polyunsaturated fatty acids (PUFA) when large amounts are supplemented.

Vitamin E is one of the 4 major antioxidants that protect phospholipids. To obtain optimal health benefits from vitamin E, a mixture of tocopherols or tocopherols and tocotrienols is recommended. Alpha tocopherol in large amounts displaces gamma tocopherol in the cells of the body, but when taken together, the alpha and gamma work synergistically; alpha tocopherol inhibits the production of free radicals, while gamma tocopherol is required to trap and neutralize existing free radicals.

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Supplement Facts: Serving Size: 1 Softgel, Servings per Container: 100

Each capsule contains 400 IU (natural mixed tocopherols).

Other Ingredients: Gelatin, glycerine, soybean oil, purified water.

Suggested Use: One softgel daily or as directed by a health professional.

All of the vitamins and herbs in this product are supplied by well respected USA and/or European vendors and all are analyzed for purity and quality.

How Vitamin E 400 is Supplied:

VME4 bottles of 100 Capsules



Phone: 888.953.5553
www.nutritionpureandsimple.com

*These statements have not been evaluated by the Food and Drug Administration
Products are not intended to diagnose, treat, cure, or prevent any disease*