



# Vitamin E (with mixed tocopherols)



## What Is It?

Vitamin E is a fat-soluble vitamin that contains a family of compounds called tocopherols, including d-alpha, beta, delta and gamma.\*

## Uses For Vitamin E

**Antioxidant Support And Protection:** Vitamin E is a powerful chain-breaking antioxidant and free radical scavenger and is considered the first line of defense against lipid peroxidation. It protects the integrity of the body's cellular membranes, and has the ability to unite with oxygen and prevent it from being converted into toxic peroxides.\*

**Cardiovascular Support:** Vitamin E plays a beneficial role in the cellular respiration of muscles, especially cardiac and skeletal muscles. It also supports platelet function and blood vessel health.\*

**Cellular Function:** Vitamin E plays a role in nucleic acid and protein metabolism, mitochondrial function, and hormone production.\*

## What Is The Source?

Vitamin E is derived from soy. There is no detectable GMO material in this product.

## Recommendations

Pure Encapsulations recommends 1-2 capsules daily, in divided doses, with meals.

## Are There Any Potential Side Effects Or Precautions?

At this time, there are no known side effects or precautions. If pregnant or lactating, consult your physician before taking this product.

## Are There Any Potential Drug Interactions?

Vitamin E may react with aspirin and blood thinning medications. Consult your physician for more information.

## Vitamin E

each softgel capsule contains 10 sg  
 vitamin E (as natural d-alpha tocopherol).....400 iu  
 other tocopherols.....67 mg  
 other ingredients: rapeseed oil, sunflower oil, gelatin capsule (gelatin, glycerin, water)  
**1-2 capsules daily, in divided doses, with meals.**