

VITAMIN E

Vitamin E is a fat-soluble vitamin with antioxidant properties that helps defend our cells from free radical damage.



EVENING PACK

- Helps support a healthy blood pressure, muscle contraction, and overall cardiovascular function
- Helps the body's fight against the ill effects of UV damage on the skin

Vitamin E is a fat-soluble vitamin with antioxidant properties that helps defend our cells from free radical damage. IDLife's Vitamin E supplement is natural, as opposed to synthetic and exists as eight different isomers including alpha, beta, gamma, and delta tocopherol and tocotrienol forms.*

Supplement Facts

Serving Size: Per Softgel (462.00 mg)

	Amount Per Serving	Calories	% Daily Value*
Total Calories		1.12	
Total Fat	43.06 mg	0.39	<1%*
Saturated Fat	4.46 mg	0.04	<1%*
Trans Fat	0.40 mg	0.00	†
Unsaturated Fat	38.21 mg	0.34	†
Monounsaturated Fat	9.20 mg	0.08	†
Polyunsaturated Fat	29.01 mg	0.26	†
Cholesterol	0.00 mg	0.00	0%*
Total Carbohydrate	61.39 mg	0.25	<1%*
Protein	121.10 mg	0.48	<1%*

	Amount Per Serving		
Vitamin E (as D- α -tocopherol)	200.00	IU	667%

* Percent Daily Values are based on a 2,000 calorie diet.

† Daily Value not established