

ANTIOXIDANT NUTRITION

Vitamin E

Care for your cells.
Consider the form.*



Vitamin E is a fat-soluble antioxidant. IDLife Vitamin E identifies d-alpha-tocopherol as its vitamin E form, supplied in a softgel.*

THE DETAILS THAT MATTER

— An antioxidant role*

Vitamin E helps protect cells from free-radical damage.*

— A named vitamin E form

The panel specifies d-alpha-tocopherol rather than an unspecified vitamin E blend.

— A focused supplement

A single active vitamin in a softgel format makes the ingredient story easy to follow.

For targeted antioxidant nutrition, the details on the label are a practical place to start.

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				

[View original facts source >](#)

*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.

Pill image shown at illustrative scale.