



E-400

It is one of a number of nutrients called antioxidants. Some other well known antioxidants include vitamin C and beta-carotene. Antioxidants are nutrients that block some of the damage caused by toxic by-products released when the body transforms food into energy or fights off infection. The build up of these by-products over time is largely responsible for the aging process and can contribute to the development of various health conditions such as heart disease, cancer, and a host of inflammatory conditions like arthritis. Antioxidants provide some protection against these conditions and also help reduce the damage to the body caused by toxic chemicals and pollutants.

Vitamin E deficiency can be seen in people unable to absorb fat properly. Such conditions include pancreatitis (inflammation of the pancreas), cystic fibrosis, and biliary diseases (illnesses of the gallbladder and biliary ducts). Symptoms of deficiency include muscle weakness, loss of muscle mass, abnormal eye movements, impaired vision, and unsteady gait. Eventually, kidney and liver function may be compromised. In addition, severe vitamin E deficiency can be associated with serial miscarriages and premature delivery in pregnant women.

CONTENTS	100% DAILY VALUE
Vitamin E (d-Alpha Tocopherol) 400 IU	1333%

Other Ingredients: Gelatin, glycerin, purified water and soybean oil.

Suggested Use: As a dietary supplement, take 1 soft gelatin capsule daily.

ALLERGEN NOTICE: Contains Soy (soybean oil)

WARNING

Possible Interactions

If you are currently being treated with any of the following medications, you should not use vitamin E supplements without first talking to your healthcare provider.

- **Antidepressant Medications**
- **Tricyclic**
- **Antipsychotic Medications**
- **Aspirin**
- **AZT**
- **Beta Blockers for high blood pressure**
- **Birth Control Medications**
- **Chloroquine**
- **Cholesterol-lowering Medications**
- **Cyclosporine**
- **Hormone Replacement Therapy**
- **Mebendazole**
- **Tamoxifen**
- **Warfarin**