





Supplement Facts		
Serving Size: 1 Softgel		
Servings Per Container: 60		
		Amount Per Serving %Daily Value
Natural Vitamin E [from mixed tocopherols] 400 mg **		
Providing:		
d-alpha tocopherol (min)	134 mg [200 IU]	683%
d-beta tocopherol* (typical)	12 mg	**
d-gamma tocopherol* (min)	200 mg	**
d-delta tocopherol* (typical)	54 mg	**
Tocotrienols	2 mg	**

* Beta Gamma and Delta tocopherols do not have IU equivalents.
** Daily Value not established.

Other Ingredients: Gelatin, glycerin, soybean oil.

Vida Pura
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Discussion

Pura E™ represents a breakthrough in Vitamin E supplementation. Long term Vitamin E supplementation at 400 mg or more per day is best addressed by providing a blend of all tocopherols including high gamma, beta, and delta tocopherols rather than just the alpha isomer found in most supplements.

Pura E™ was formulated based upon the clinical research currently available on Vitamin E that has demonstrated beneficial antioxidant effects in numerous organ systems. Most prevalent amongst these systems are cardiovascular, ocular, neurological, and the prostate gland.

Directions:

Take one to two softgels daily or as directed by your healthcare practitioner.

Pura E™

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.