





| <b>Supplement Facts</b>                    |                 |      |
|--|-----------------|------|
| 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.

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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.