



Purely Better Antioxidants

RRR Plant-Based Vitamin E

RRR plant-based vitamin E is a powerful antioxidant that occurs in nuts, seeds, and leafy green vegetables. It is a fat-soluble vitamin important for many processes in the body.

Numerous studies have shown RRR plant-based vitamin E offers these health benefits:*



Heart Health - Helps maintain a healthy heart and blood vessels.



Brain Health - Helps maintain healthy brain function.



Eye Health - Helps maintain healthy vision.



Healthy Aging - An antioxidant for the maintenance of good health.



Healthy Skin - Contributes to the protection of cells from oxidative stress.

* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

GOLD | Top 5%

ecovadis

Sustainability Rating

MAY 2024

Consuming the Recommended Intake of Vitamin E

Vitamin E is often found in foods with high fat content. As a result, low-fat, modern diets often contain insufficient amounts. This chart highlights the amount of vitamin E in some foods and how much you would need to consume to meet the recommended daily intake of vitamin E (15 mg per day*) vs. taking 1-2 capsules of vitamin E.

Food	Amount to Be Taken
Wheat Germ Oil	10 g
Sunflower Seeds	40 g
Almonds	60 g
Peanuts	180 g
Oil, Coconut	0.7 kg
Margarine-like Spread	1 kg
Cheese, American	1.9 kg

OR

1-2 Capsules of Vitamin E

The Purely Better Advantages of Vitamin E

Contributes to the protection of cells from oxidative stress

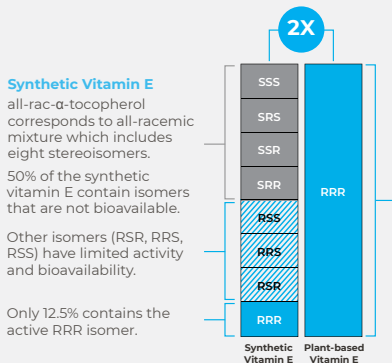
Proven bioavailability

Natural label claim

Marketable health benefits

* Depending on age group, gender, and country sources. USDA Food Composition Database, August 2019.

Vitamin E Stereochemistry & Efficiency of Natural vs. Synthetic

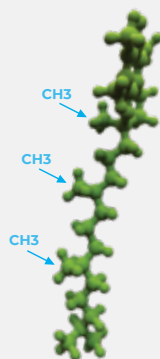


Covitol® and Vitapherole® E are 2X more biologically active than synthetic vitamin E*

Natural Plant-based Vitamin E

Contains 100% of the active RRR- α -tocopherol natural isomer and is more bioavailable.

RRR corresponds to the perfect alignment of CH3 methyl groups.



*Lodge, J.K. Vitamin E bioavailability in humans. J. Plant Physiol. 2005, 162, 79–96. Hoppe P., Kennrich G., Bioavailability and potency of natural source and all-racemic alpha-tocopherol in the human: a dispute. Eur J Nutr. 2000 Oct;39(5):383-93.