

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.

Eve Health - Helps maintain healthy vision.

Immune Health - An antioxidant for the maintenance of good health.

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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.



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.

The Purely Better Advantages of Vitamin E

Contributes to the protection of cells from oxidative stress

Proven bioavailability

Natural label claim

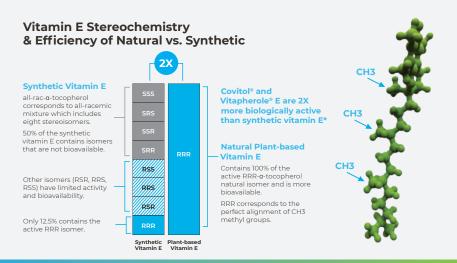
Marketable health benefits

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

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



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