



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.



**Immune Health** - 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.



## 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

## The Purely Better Advantages of Vitamin E

Contributes to the protection of cells from oxidative stress

Proven bioavailability

Natural label claim

Marketable health benefits

OR

1-2 Capsules of Vitamin E

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

## Vitamin E Stereochemistry & Efficiency of Natural vs. Synthetic

