



NATURE'S SUNSHINE

Vitamin E Complete (With Selenium)

GOOD FOR

Cardiovascular system

Immune System

Endocrine System

SIZE **200 capsules**ITEM # **1508**SERVING **1**SUPPLY **200 days**

DIRECTIONS FOR USE Take one capsule daily with a meal.

— How the Key Ingredients Work

Vitamin E Complete pairs eight natural forms of vitamin E with the trace mineral selenium to give your body a well-rounded antioxidant team. Together they work in different parts of your cells to help neutralize everyday oxidative stress and keep key body systems feeling their best.

Alpha-Tocopherol (Vitamin E) — The most recognized form of vitamin E, alpha-tocopherol is your body's go-to fat-soluble antioxidant. It works right inside cell membranes, helping to stop a chain reaction of damage before it spreads. Studies show it raises antioxidant levels in the blood and supports healthy circulation and arterial flexibility.

Beta-Tocopherol (Vitamin E) — Beta-tocopherol is one of the naturally occurring members of the vitamin E family found in foods like nuts and vegetable oils. It contributes to the overall antioxidant activity of the tocopherol group, working alongside alpha-tocopherol to help protect cell membranes from everyday oxidative wear and tear.

Gamma-Tocopherol (Vitamin E) — Gamma-tocopherol is the form of vitamin E most abundant in the North American diet and plays a complementary role to alpha-tocopherol. It helps round out your antioxidant coverage by addressing types of oxidative stress that alpha-tocopherol alone may not fully handle, making the full-spectrum approach especially valuable.

Delta-Tocopherol (Vitamin E) — Delta-tocopherol is the least common of the four tocopherols but still contributes meaningfully to the family's overall protective activity. Including it alongside the other tocopherols ensures you get the complete picture of what nature packages together in vitamin E-rich whole foods, rather than just one isolated piece.

Alpha-Tocotrienol (Vitamin E) — Alpha-tocotrienol belongs to the tocotrienol branch of the vitamin E family, which has a slightly different shape that lets it move more freely through cell membranes. This unique structure means it can reach areas of the cell that tocopherols may not, adding another layer of antioxidant support throughout the body.

Beta-Tocotrienol (Vitamin E) — Beta-tocotrienol is a lesser-studied but naturally present member of the tocotrienol group found in palm and rice bran oils. Like its siblings, it contributes to the broad antioxidant coverage that the full eight-form vitamin E spectrum provides, helping to ensure no corner of your cellular environment is left unprotected.

Gamma-Tocotrienol (Vitamin E) — Gamma-tocotrienol is one of the more active tocotrienol forms and works in tandem with the tocopherols to support overall antioxidant defense. Its presence in a complete vitamin E formula reflects the way vitamin E actually appears in nature — as a family of related compounds rather than a single nutrient.

Delta-Tocotrienol (Vitamin E) — Delta-tocotrienol rounds out the eight-form vitamin E spectrum. Research into tocotrienols as a group is growing, and including delta-tocotrienol ensures this formula mirrors the full complexity of vitamin E as found in whole-food sources, giving your body the broadest possible range of these fat-soluble protective compounds.

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