



NATURE'S SUNSHINE

Vitamin E Complete (With Selenium)

Organic

Non-GMO

GOOD FOR

Cardiovascular system

Immune System

Endocrine System

SIZE **60 capsules**

ITEM # **1509**

SERVING **1**

SUPPLY **60 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 — tocopherols and tocotrienols — with the trace mineral selenium to give your body a broad, well-rounded shield against everyday oxidative stress. Together, these two powerhouse nutrients work in harmony to help protect your cells, support healthy circulation, and keep your body's natural defenses running smoothly.

Alpha-Tocopherol — The most recognized form of vitamin E, alpha-tocopherol is your body's go-to fat-soluble protector. It works inside cell membranes to neutralize harmful free radicals before they can damage fats in the body, helping to maintain healthy cells and supporting your overall antioxidant defenses every single day.

Beta-Tocopherol — 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 full-spectrum antioxidant activity of this formula, working alongside the other tocopherol forms to provide layered, complementary protection that a single-form supplement simply cannot match.

Gamma-Tocopherol — Gamma-tocopherol is the form of vitamin E most abundant in the North American diet and plays a meaningful supporting role in the body's defenses. Research suggests it complements alpha-tocopherol's protective work, and including it in a complete vitamin E formula helps ensure you're getting the broader coverage that whole-food sources of vitamin E naturally provide.

Delta-Tocopherol — Delta-tocopherol rounds out the tocopherol side of the vitamin E family. Though present in smaller amounts in the diet, it contributes its own antioxidant activity to the mix. Having all four tocopherols together mirrors the way vitamin E appears in nature — as a team rather than a single isolated compound — for more complete nutritional support.

Alpha-Tocotrienol — Alpha-tocotrienol belongs to the lesser-known but equally important tocotrienol branch of the vitamin E family. Tocotrienols have a slightly different structure than tocopherols that allows them to move more freely through cell membranes. Alpha-tocotrienol adds another layer of free-radical-fighting support, helping to protect the body's fats and membranes from oxidative wear and tear.

Beta-Tocotrienol — Beta-tocotrienol is one of the rarer forms of vitamin E, found in palm oil and certain grains. Its inclusion in this formula reflects a commitment to delivering the full natural vitamin E spectrum. Like its tocotrienol siblings, it supports the body's antioxidant network and contributes to the overall protective effect of the complete formula.

Gamma-Tocotrienol — Gamma-tocotrienol is among the most studied of the tocotrienol forms and is a valued part of a complete vitamin E supplement. It works within the lipid-rich environment of cell membranes to help keep oxidative stress in check. Including it alongside the tocopherols means your cells get a more thorough, well-rounded level of everyday protection.

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