



VITAMIN E-400

ITG Survive & Thrive

VITAMIN E-400

D-ALPHA TOCOPHERYL ACETATE

Dietary Supplement
50 Liquid Capsules

Supplement Facts	
Serving Size 1 Liquid Capsule Servings Per Container: 50	
Amount Per Serving	%Daily Value
Vitamin E (as d-Alpha tocopheryl acetate)	267mg 1780%

Other Ingredients: Extra virgin olive oil and gelatin (bovine).

KEEP OUT OF THE REACH OF CHILDREN. DO NOT USE IF SAFETY SEAL IS DAMAGED OR MISSING. STORE IN A COOL, DRY PLACE.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

SUGGESTED USE: 1 capsule daily preferably with a meal or as directed by a healthcare professional.

CAUTION: Do not exceed recommended dose. Pregnant or nursing mothers, children under 18, and individuals with a known medical condition should consult a physician before using this or any dietary supplement. This product is manufactured and packaged in a facility which may also process milk, soy, wheat, egg, peanuts, tree nuts, fish and crustacean shellfish.

Distributed by ITG Diet®
St. Petersburg, FL
www.ITGdiet.com
(727) 388-4850

6 82017 41004 3

Vitamin E (Alpha-tocopheryl acetate) (ATA) is a specific form of vitamin E that is often found in skin care products and dietary supplements. It is also known as tocopheryl acetate, tocopherol acetate, or vitamin E acetate.²

Function – Vitamin E is known for its antioxidant properties. Antioxidants help protect your body from damaging compounds called free radicals. Normally, free radicals form when your body converts food into energy. However, free radicals can also come from UV light, cigarette smoke, and air pollution.

Immune Support – Supplementing with α -tocopherol helps to improve T-cell mediated immune function, which boosts the immune system. It also seems to be able to enhance the body's antibody response to vaccinations.

It is particularly important for the elderly, since a deficiency is associated with a higher risk of bone fractures. Vitamin E may also be able to protect against age-related cognitive decline, but further research is needed before supplementation can be recommended specifically for Alzheimer's and Parkinson's treatment.¹

Summary – The majority of vitamin E's benefits come from avoiding a deficiency, but there are several instances where supplementation can offer additional benefits. Supplementing α -

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

tocopherol is also able to improve T-cell mediated immune function, which boosts the immune system.¹

Suggested Serving – 1 Liquid Capsule Daily

Resources –

¹ [examine.com/supplements/vitamin-e](https://www.examine.com/supplements/vitamin-e)

² [healthline.com/health](https://www.healthline.com/health)

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.