

> Vitamin E With Selenium 60 ct

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Manufacturer: Pure Herbs, LTD.

Below is about historical observations and historical data relating to herbs. This document is not intended to be a substitute for medical advice by license physicians. All readers should consult a physician regularly in all matters related to medical problems. This includes the diagnoses and treatment of disease and all other physical and mental conditions.

VITAMIN E - IN GELCAPS Vitamin E is one of many compounds found normally in foods, which is essential for the body. That is to say, the body needs it and can't get along without it. WHAT DOES IT DO? It is now fairly well established that Vitamin E acts to make sure all of the structures of the body receive enough oxygen. This is a good idea in order to stay healthy and to rebuild health regardless of what the problem is. When there is enough oxygen, the body can go about its business burning fuel and destroying poisons. This is why a list of conditions, which have been observed to be helped by Vitamin E, could fill up a closely typed page. Hence, you do find improvement with the health of the blood, hormone levels, the ease with which the heart works, fertility, nerves, eyes, muscle strength, brain, skin, digestion, energy, breathing easier, and just about anything you would care to mention, including the rate at which you age. Keep in mind, for Vitamin E to do its job properly you must do those other nutritional and life style things that help it to work. It does not operate in a vacuum. This means, make it part of an overall health improvement approach. Examples of life style change are: clean the small intestine and bowel so it can be absorbed and moved around, and thus can be "pumped" through the body. It is a "team player" and it also needs the rest of the nutritional elements the body requires in order to get the most out of it. The most active form of it is called d-alpha tocopherol by scientists. The most common source for it today, in capsule form, is soy beans. NOTE: Vitamin E oil from capsules can be applied externally to areas in need which have trouble absorbing it from the digestive system. It can be applied to skin disturbances, injuries, and burns, to lessen discomfort, speed recovery and minimize scarring. CAUTION: It is not known to be toxic when a person takes it as a supplement to the diet. The question is, "how much?" Therapeutic doses in scientific literature may range from 40 i.u. (international units, a measure of liquid vitamins) to 4,000 i.u. Of course, anytime you take what is called a therapeutic dose, it is recommended to do so on the advice of your doctor or health care provider. ADULT DOSE: (2) Capsules per day or as advised by your doctor or health care provider. *This product has not been evaluated by the Food and Drug Administration.

This product is not intended to diagnose, treat, cure or prevent any disease.

Warning: Not intended for use by pregnant or nursing women. If you have a medical condition or are taking medication, consult your doctor prior to use. Discontinue use and consult with your doctor if any adverse reactions occur.

SUPPLEMENT FACTS:

Vitamin E 400 IU

(as d-alpha tocopherol) 268 mg

SelenoExcell®1 Selenium 100 mcg

(as High Selenium Yeast)

Other Ingredients: Gelatin, Glycerin, Carob Extract Concentrate, Purified Water, Sunflower Lecithin, Fumed Silica, Titanium Dioxide

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