

Vitamin E 100 IU

Content

100 Piece / Capsules
PZN 5969510
RRP 24,90 €

Recommended intake

1 capsule / day

without

genetic engineering, artificial flavorings, artificial colorants, artificial conservation

free of

peanut oil, fructose, gelatine, gluten, yeast, lactose, soya protein/lecithin, granulated sugar, artificial sweeteners

Natural protection for the cells

Burgerstein Vitamin E contains natural vitamin E, which is obtained from plant oils.

- Good bioavailability (absorption in the body) due to high-quality D-alpha-tocopherol
- Natural vitamin E from a plant source
- For individual needs: pure vitamin E with 100 IU per capsule

Vitamin E is a fat-soluble vitamin and an important antioxidant that helps to protect cells from oxidative stress. Vitamin E is a component of all cell membranes.

Vitamin E is sensitive to repeated heating, light and oxygen. Oils such as wheat germ, maize germ, soya or rapeseed oil should always be stored away from light.

Vitamin E supports ...

- ... anyone who wants to do something good for their body from the inside out

Vitamin E helps to protect cells from oxidative stress.

- ... for additional vitamin E requirements

Good to know about vitamin E

- The daily requirement for women is approx. 12 mg, for men approx. 14 mg
- When taking vitamin E supplements, you should ensure that they contain natural vitamin E (d-alpha-tocopherol)
- A high intake of unsaturated fatty acids increases the vitamin E requirement
- Vitamin E is a component of all cell membranes



Nutritional values	Per daily portion (1 capsule)	NRV*
Vitamin E	67,10 mg	559%

*NRV = reference amount for daily intake according to the EU Food Information Regulation (LMIV)

Ingredients: soya oilcoating agent (edible gelatine (bovine, porcine) capsule shell), D-alpha-tocopherol, sunflower oil, humectant (glycerol, sorbitol).

Additional information: Food supplements are not a substitute for a balanced nutrition. A balanced nutrition and a healthy lifestyle are important. Do not exceed the recommended daily dose. Store out of the reach of small children and at room temperature - please follow the corresponding package instructions. | RRP: Recommended Retail Price.