

STRUCTURE / FUNCTION CLAIMS

NUTRIENT: Vitamin E

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PRODUCT: Fred Meyer Vitamin E 200 I.U. d-Alpha Tocopherol (100sg)

NUTRIENT AMOUNT: 200 I.U. per serving (one softgel)

STRUCTURE/FUNCTION CLAIM:

Vitamin E acts as a preservative, helping to protect the efficiency of other compounds such as Vitamin A.

REFERENCES:

1. Farrell, P.M. and R.J. Roberts, Vitamin E, in *Modern Nutrition in Health and Disease*, 8th ed., Shils, M.E., J.A. Olson, M. Shike, Eds., Lea & Febiger, Philadelphia, 1994, 326-341.
2. Bieri, J.G., Vitamin E, in *Present Knowledge in Nutrition*, 6th ed., Brown, M.L., Ed., International Life Sciences Foundation, Washington, D.C., 1990, 117-121.

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