

# Important Message about Vitamin E Safety!

**Up to 1,500 I.U. of Vitamin E Daily is SAFE**  
... according to official U.S. dietary guidelines.

What about recent reports that Vitamin E can be harmful in dosages this high?

These reports have come from *meta-analysis*, which involves taking a second look at previous studies in an attempt to gain more information. Results from this type of analysis often produce more speculation than actual facts. Many variables that affect a study are overlooked during meta-analysis, sometimes in order to support a desired outcome.

Here is what you really need to know about taking Vitamin E.

- What does the U.S. government say? After reviewing many studies the U.S. government says up to 1,500 I.U. of Vitamin E daily is safe.
- Is the Vitamin E natural or synthetic? Synthetic Vitamin E is still safe to take, but is at best half as effective as natural Vitamin E because of molecular structure.
- What other supplements are you taking? Vitamin E is more effective when taken with other antioxidants and supplements.
- What is your current age and health? Speak to a nutritionist about appropriate dosages for your age and health condition. Remember - a lifetime of neglecting your health cannot be overcome by taking any antioxidant, vitamin or other supplement. **THINK HEALTHY!**