

!" #&/
4;O <548G=>3> 70AB>AC20==O ?@5?0@0BC

VB0
(VITAMIN E)

!;:04 ;V:0@AL:>3> 70A>1C:

4VNG0 @5G>28=0: B>:>D5@>;
1 :0?AC;0 □VB0 0,1 3 01> 0,2 3;
4>?>28=8: >;VO A>=OH=8:>20; A:;04 65;0B8=>2>W >1>;>=:8 :0?AC;8: 65;0B8=, 3;VF5@8=,
<5B8;?0@03V4@>:A815=7>0B (218), ?@>?V;?0@03V4@>:A815=7>0B (216), 10@2=8: :0@<>W78= (122).

V:0@AL:0 D>@<0. 0?AC;8 <'O:V.

;O 4>78 0,1 3: :0?AC;8 <O:V 65;0B8=>2V :C;OAB>W 01> AD5@8G=>W D>@<8, 7V H2><, 2V4 A2VB;>-
G5@2=>=>3> 4> B5<=>-G5@2=>=>3> :>;L>@C, 70?>2=5=V <0A;O=8AB>N @V48=>N 2V4 A2VB;>-
6>2B>3> 4> B5<=>-6>2B>3> :>;L>@C.
;O 4>78 0,2 3: :0?AC;8 <O:V 65;0B8=>2V F8;V=4@8G=>W D>@<8 7=0?V2AD5@8G=8<8 :V=FO<8, 7V
H2><, 2V4 A2VB;>-G5@2=>=>3> 4> B5<=>-G5@2=>=>3> :>;L>@C, 70?>2=5=V <0A;O=8AB>N @V48=>N
2V4 A2VB;>-6>2B>3> 4> B5<=>-6>2B>3> :>;L>@C.

0720 V 465==O 28@>1=8:0. " 8W2AL:89 2VB04.

04073, #: @0W=0, ?8;V2AL:0, 38.

\$0@<0:>B5@0?52B8G=0 3@C?0. @>ABV ?@5?0@0B8 2VB0:>D5@>; (VB0

>4 " 1103.

VB0@>7G8==89 2VB0 =09206;82VH8E ?@>F5A0E ::VB8==>3> <5B01>;V7

VB0:@0ICT A?>6820==O B:0=8=0<8 :8A=N. '8=8BL 0=3V>?@>B5:B>@=C 4VN, 2?;820NG8 =0 B>=CA V
?@>=8:=VABL AC48=, AB8@5==O =>28E :0?V;O@V2.

<>4C;NNG89 5D5:B 2VB03> B0 3C<>@0;L=>3> V

">:>D5@>; T =570=C20==O AB0B52>W A8AB5<8.

@8 45DVF8BV 2VB072820NBLAO 3V?>B>=VO B0 48AB@>DVO A:5;5B=8E <O7V2, :0@40,
?V428ICTBLAO ?@>=8:=VABL B0 ;072820TBLAO 4535=5@0FVO D>B>@5F5?B>@V2, O:0 A?@8G8=OT
?>@CH5==O 7>@C. >72820TBLAO 7=865==O AB0B52>W DC=:FVW C G>;>2V:V2 B0 ?>@CH5==O
<5=AB@C0;L=>3> F8::C, AE8;L=VABL 4> 28:84=V2 C 6V=>:.

5DVF8B 2VB0 A8=4@<< <0;L01A>@1FVW, AB50B>@5N.

VA;O 2A<>:BC20==O C :8H5G=8:C 1V;LH0 G0AB8=0 B>:>D5@>;C ?>B@0?;OT C ;V2, H284:>

@>7?>4V;OTBLAO C B:0=8=0E >@30=V7:0@4V. V;LH0 G0AB8=0 ?@5?0@0BC 282>48BLAO 7
>@30=V72> 7 6>2GN.

>:070==O 4;O 70AB>AC20==O.

V?>2VB07 B0 02VB07 2VB0:A840=B=V9 B5@0?VW, C ?5@V>4 @5:>=20;5AF5=FiW ?VA;O B@02<,
BO6:8E A<0B8G=8E 70E2>@N20=L, ?@8 DV78G=8E ?5@520=B065==OE, ?@8 =5710;0=A>20=>

A:;04V :>W B5@0?VW:

- ?>?5@5465==O ?0B>;>3V9 5<1@V>=0;L=>3> @>728B:C, 2@>465=8E 0=><0;V9 (204 @>728B:C) ?;>40;

- 703@>78 ?5@5@820==O 203VB=>ABV;

- ?>@CH5=L <5=AB@C0;L=>3> F8::C, :@0C@>78 2C;L28, ::V<0:B5@8G=8E @>7;04V2;

- ?5@F5?B82=8E @>7;04V2 A;CEC;

- 0B@>DVG=8E @>7;04V2 C A;87>2V9>1>;>=FV 48E0;L=8E H;OEV2;

- 4535=5@0B82=8E B0 ?@>;VD5@0B82=8E 710E B0 DV1@>7=>W B:0=8=8 E@51B0 V 25;8:8E
AC3;>1V2; A;01:>ABV <O7V2 C=0A;V4>: 48A:>35==8E 1;>:04 ?@8 70E2>@N20==OE 3> 48A:C,
A:;5@>45@=>3> 2>2G0:C, @52<0B>W4=>3> 0@B@8B0, V=H8E A8AB5<=8E 70E2>@N20=L

A?>;CG=>W B:0=8=8;

- =52@0AB5=VW 7 28A=065==O<, ?5@5206=> 48AB@>DVW <O7V2 B0 0B@>DVW <O7V2,

2B>@8==>W <'O7>2>W A;01:>ABV B0 ?0BVW ?@8 E@>=VG=>

- 2535B0B82=8E @>7;04V2;
- 450:8E 5=4>:@8==8E @>7;04V2;
- 450:8E A5@F52>-AC48==8E E2>@>1;
- 0B@>DVG=8E ?@>F5AV2 C A;87>2V9 >1>;>=FV B@02=>W A8AB5<8, @>7;04V2 E0@GC20==O,
A8=4@>=VG=>3> 35?0B8BC;
- 450:8E ?0@>4>=B>?0BV9;
- E2>@>1 >G59;
- E2>@>1 H:V@8: 45@<0B8BV2, B@>DVG=8E 28@07>;, ?A>@V07C, 5:75<;
- ?;0AB8G=>W V=4C@0FVW ?5=VA0, 10;0=VB0, ?>@CH5==V ;V1V4>, ?>@CH5==V DC=:FVW
AB0B528E 70;>7 C G>;>2V:V2, ?>@CH5==V A?5@<0B>35=57C V ?>B5=FVW C G>;>2V:V2, 157?;V44O
(C :><1V=0FVW 7 2VB0<).
V?5@2VB07 V D.

@>B8?>:070==O. V428I5=0 V=482V4C0;L=0 GCB;82VABL 4> 4VNG>W @5G>28=8 B0 4> 1C4L-O:8E :>
=5=BV2 ?@5?0@0BC, 28@065=89 :0@4V>A::5@>7, 3>AB@89 V=D0@:B :0@40, B8@5>B>:A8:>7,
3V?5@2VB07 , 48BOG89 2V: 4> 12 @>:V2.

0;56=i 70E>48 157?5:8 ?@8 70AB>AC20==i. >15@56=VABN ?@87=0G0B8 ?@8 0B5@>A::5@>7V,
?V428I5=>728B:C B@><1>5<1>;VW.

V4:> A?>AB5@V30NBLAO :@50B8=C@VO, ?V428I5==O 0:B82=>ABV :@50B8=:V=078, ?V428I5==O
:>=F5=B@0FVW E>;5AB5@8=C, B@><1>D;51VB, B@><1>5<1>;VO ;535=52>W 0@B5@VW B0 B@>
<1>7 C ?0FVT=BV2, AE8;L=8E 4> FL>3>. @8 1C;L>7=>?5FVTN, <>65 ?>G0B8 @>AB8 2>;>AAO 1V;>3>
:>;L>@C.

@8 70AB>AC20==i ?@5?0@0BC =5>1Ei4=> 4>B@87C20==O B0 B@820;>ABi :C@AC ;i:C20==O,
?@87=0G5=8E ;i:0@5<, 4;O 70?>1i30==O ?5@54>7C20==N B0 28=8:=5==N 3i?5@2iB0<i=>7C .
@8 B@820;>AC20==i 28A>:8E 4>7 ?@5?0@0BC =5>1Ei4=> :>=B@>;N20B8 G0A 73>@B0==O :@>2i.

A>1;82i 70AB5@565==O.

0AB>AC20==O C ?5@V>4 203VB=>ABV 01> 3>4C20==O 3@C44N.

@5?0@0B <>6=0 70AB>A>2C20B8 ?V4 :>=B@>;5< ;V:0@O C @5:><5=4>20=8E 4>70E C ?5@V>4
203VB=>ABV 01> 3>4C20==O 3@C44N.

@5?0@0B G0AB:>2> ?@>=8:0T :@V7L ?;0F5=B0@=89 10@T@; 2VB0B@0?;OT C >@30=V7< ?;>40, 45
9>3> :V;L:VABL AB0=>28BL 20-30 % 2V4 :>=F5=B@0FVW 2VBQV <0B5@V.
VB06 ?@>=8:0T C 3@C4=5 <>;>:.

40B=iABL 2?;820B8 =0 H284:VABL @50:Fü ?@8 :5@C20==i 02B>B@0=A?>@B>< 01> @>1>BV 7 i=H8<8
<5E0=i7<0<8.

@8 28=8:=5==i 70?0<>@>G5==O, 70BC<0=5==O 7>@C A;i4 CB@8<0B8AL 2i4 :5@C20==O
02B>B@0=A?>@B>< 01> @>1>B8 7 i=H8<8 <5E0=i7<0<8.

VB8.

@5?0@0B ?@>B8?>:070=89 4VBO< 2V:>< 4> 12 @>:V2.

!>Ai1 70AB>AC20==O B0 4>78.

VB0 ?VA;O W48, 4>7C ?V418@0B8 V=482V4C0;L=>, 2 70;56=>ABV 2V4 284C 70E2>@N20==O,
?5@51V3C E2>@>18, AB0=C ?0FVT=B0. 0?AC;C A;V4 :>2B0B8 FV;>N, 70?820NG8 4>AB0B=L>N
:V;L:VABN 2>48.

>7C20==O 4;O 4>@>A;8E:

- C :>:A840=B=V9 B5@0?VW: ?> 0,2-0,4 3 1-2 @078 2 45=L;

- ?@8 ?0B>;>3VW 5<1@V>=0;L=>3> @>728B:C, 2@>465=8E 0=><0;VOE (2040E @>728B:C) ?;>40:
?> 0,1-0,2 3 1 @07 =0 4>1C C B@8<5AB@V 203VB=>ABV;

- ?@8 703@>7V ?5@5@820==O 203VB=>ABV: ?> 0,1 3 1-2 @078 =0 4>1C ?@>BO3>< 14 4=V2;

- ?@8 ?>@CH5==OE <5=AB@C0;L=>3> F8;;C C :> 0,3-0,4 3 G5@57 45=L ?>G8=0NG8 7 17-3> 4=O
F8;;C (?>2B>@8B8 5 F8;;V2);

- ?@8 ?>@CH5==OE <5=AB@C0;L=>3> F8.;C C @07V 28:>@8AB0==O ?@5?0@0BC 4> ?>G0B:C
3>@<>=0;L=>W B5@0?VW: ?> 0,1 3 1-2 @078 =0 4>1C ?@>BO3>< 2-3
- ?@8 @52<0B>W4=> ?> 0,1-0,3 3 I>45==> ?@>BO3>< :V;L:>E B86=V2;
- ?@8 <□O7>28E 48AB@>DVOE, E2>@>10E =5@2>2>-<O7>2>3> B0 ACE>68;L=>-AC3;>1>2>3>
0?0@0BC: ?> 0,1 3 1-2 @078 =0 4>1C ?@>BO3>< 30-60 4=V2, ?>2B>@=89 :C@A G5@57 2-3
- ?@8 =52@0AB5=VW 7 28A=065==O< ?@5?0@0B ?@89<0B8 C 4>7V 0,1 3 1 @07 =0 4>1C ?@>BO3><
30-60 4=V2;
- ?@8 45O:8E 5=4>:@8==8E @>7;040E: ?> 0,3-0,5 3 =0 4>1C;
- ?@8 45O:8E A5@F52>-AC48==8E E2>@>10E: ?> 0,1 3 I>45==>;
- ?@8 0;V<5=B0@=V9 0=5 ?> 0,3 3 =0 4>1C ?@>BO3>< 10 4=V2;
- ?@8 E@>=VG=> ?@>BO3>< B@820;>3> G0AC ?> 0,3 3 =0 4>1C;
- ?@8 45O:8E ?0@>4>=B>?0BVOE: ?> 0,2-0,3 3 =0 4>1C;
- ?@8 E2>@>10E >G59: ?> 0,1-0,2 3 1-2 @078 =0 4>1C ?@>BO3>< 1-3 B86=V2 C :><1V=0FVW 7 2VB0<;
- ?@8 E2>@>10E H:V@8: ?> 0,1-0,2 3 1-2 @078 =0 4>1C ?@>BO3>< 20-40 4=V2;
- ?@8 ?;0AB8G=V9 V=4C@0FVW ?5=VAC: ?> 0,3-0,4 3 I>45==> ?@>BO3>< :V;L:>E B86=V2, ?>BV< 70
?@87=0G5==O<;V:0@O;
- ?@8 ?>@CH5==OE A?5@<0B>35=57C B0 ?>B5=FVW C G>;>2V:V2: ?> 0,1-0,3 3 =0 4>1C C
?>T4=0==V 7 3>@<>=>B5@0?VTN ?@>BO3>< 30 4=V2.
V=H8E 28?04:0E 4>78 B0 B@820;VABL ;V:C20==O 287=0G0T ;V:0@.
;O 4>@>A;8E @07>20 A5@54=O 4>70 AB0=>28BL 0,1 3, @07>20 28I0 4>70 0,4 3; 4>1>20 A5@54=O 4>70
AB0=>28BL 0,2 3, 28I0 4>1>20 4>70 1 3.
?54V0B@VW VB07V 0,1 3 <>6=0 ?@87=0G0B8 4VBO< 2V:>< 2V4 12 @>:V2.

5@54>7C20==O.

@8 26820==V @5:><5=4>20=8E 4>7 =51060=V @50:FVW =5 ?@>O2;ONBLAO. @89>< 28A>:8E 4>7
2VB00,8 3 =0 4>1C ?@>BO3>< B@820;>3> G0AC) <>65 A?@8G8=8B8 7>@>2V @>7;048, 4V0@5N, 70?0
<>@>G5==O, 3>;>2=89 1V;L, =C4>BC 01> A?07<8 C 682>BV, 4C65 A8;L=C 2B><;N20=VABL 01>
A;01:VABL.
C65 28A>:V 4>78 (?>=04 0,8 3 =0 4>1C ?@>BO3>< B@820;>3> G0AC) <>6CBL ?@8725AB8 4>
71V;LH5==O @878:C :@>2>B5G C ?0FVT=BV2 7 45DVF8B< 2VB0@CH5==O <5B01>;V7@<>=V2
I8B>284=>W 70;>78 B0 71V;LH5==O @878:C 28=8:=5==O B@>1>D;51VBC B0 B@><1>5<1>;VW C
GCB;828E ?0FVT=BV2, ?V428I5==O 0:B82=>ABV :@50B8=V=:V=078, 71V;LH5==O :>=F5=B@0FVW
E>;5AB5@8=C, B@83;VF5@84V2 C A8@>20BFV :@>2V, 71V;LH5==O 25=V2 B0 0=4@>35=V2 C A5GV.
V:C20==O: 2V4

>1iG=i 5D5:B8.

0728G09 ?@5?0@0B ?5@5=>A8BLAO 4>1@5, ?@>B5 ?@8 B@820;>AC20==V 28A>:8E 4>7 C <560E 2V4
0,4 3 4> 0,8 3 =0 4>1C <>6;82V ?>A8;5==O 3V?>B@><1V=5@>2V @>7;048, 70?0<>@>G5==O, =C4>B0,
@>728B>: H;C=:>2>:-8H:>28E :@>2>B5G, 4V0@5O, 1V;L C H;C=:C, 71V;LH5==O ?5GV=:8,
:@50B8=C@VO, @>7;048 B@02;5==O, ?V428I5=0 2B><;N20=VABL, 7030;L=0 A;01:VABL, 3>;>2=89
1V;L. >6;82V 0;5@3VG=V @50:FVW, 2;:NG0NG8 H:V@=V 28A8?8, A25@1V6, ?>G5@2>=V==O H:V@8
B0 ?V428I5==O B5

70T<>4iO 7 i=H8<8 ;i:0@AL:8<8 70A>10<8 B0 i=Hi 2848 270T<>4i9.

VB003C;O=B0<8 =5?@O<>W 4VW (48:C<0@8=, =5>48:C<0@8=).
VB0A8;NT 4VN AB5@>W4=8E B0 =5AB5@>W4=8E ?@>B870?0;L=8E ?@5?0@0BV2 (=0B@VN
48;>D5=0.; V1C?@>D5=, ?@54=V7>;>=); 7=86CT B>:A8G=C 4VN A5@F528E 3;V:>784V2 (483VB>:A8=
483>:A8=), 2VB0:8E 4>70E <>65 A?@8G8=8B8 45DVF8B 2VB0@30=V7
iB0<i= B0 9>3> <5B01>;iB8 G8=OBL 0=B03>=iAB8G=C 4iN 2i4=>A=> 2iB0<i=C .
iB0<i= ?V428ICT 5D5:B82=VABL ?@>B85?V;5?B8G=8E ;V:0@AL:8E 70A>1V2 C E2>@8E =0 5?V;5?AVN.
%>;5AB8@0;5AB8?>;,

"5@ABV.

2 @>:8.

#<>28 715@V30==O.

15@V30B8 2 >@83V=0;L=V9 C?0:>2FV ?@8 B5>!.
15@V30B8 C =54>ABC?=>

#?0:>2:0.

;O 4>78 0,1 3. > 10 :0?AC; C 1;VAB5@0E. > 10 :0?AC; C 1;VAB5@V; ?> 1 1;VAB5@C C ?0GFV. > 10 :0?AC; C 1;VAB5@V; ?> 3 1;VAB5@8 C ?0GFV. > 10 :0?AC; C 1;VAB5@V; ?> 5 1;VAB5@V2 C ?0GFV. 2
0 :0?AC; C 1;VAB5@V; ?> 1 1;VAB5@C C ?0GFV> 20 :0?AC; C 1;VAB5@V; ?> 2 1;VAB5@8 C ?0GFV. > 20 :0?AC; C 1;VAB5@V; ?> 3 1;VAB5@8 C ?0GFV> 50 :0?AC; C 1;VAB5@V; ?> 1 1;VAB5@C C ?0GFV.
;O 4>78 0,2 3. > 10 :0?AC; C 1;VAB5@0E. > 10 :0?AC; C 1;VAB5@V; ?> 3 1;VAB5@8 C ?0GFV.

0B53>@VO 2V4?CA:C. 57 @5F5?B0.