

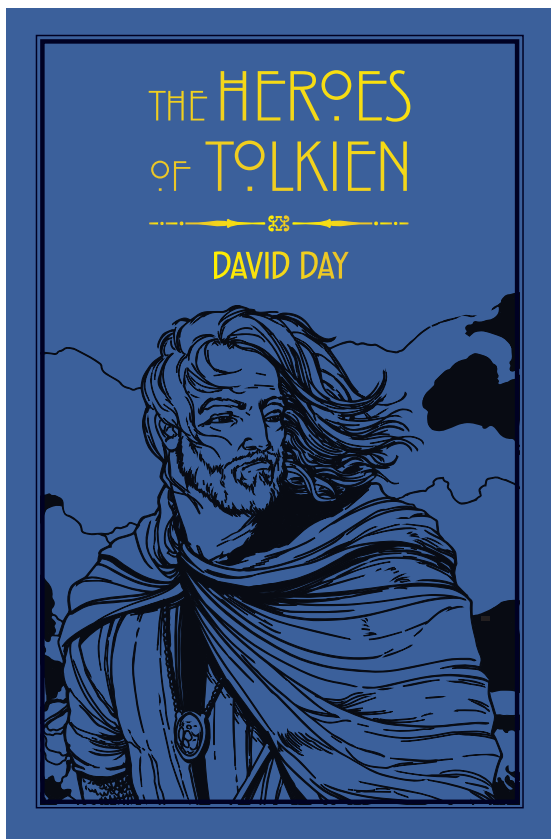
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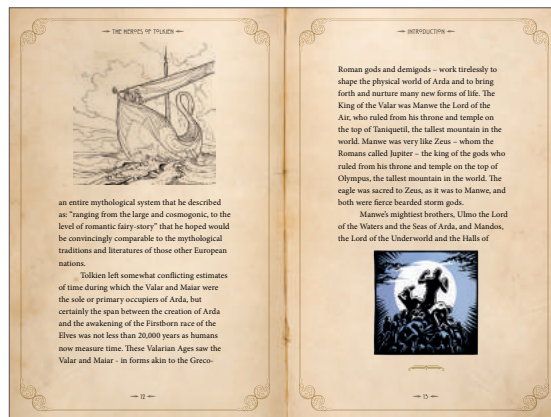
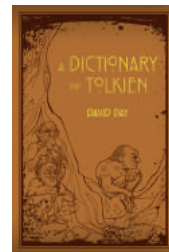
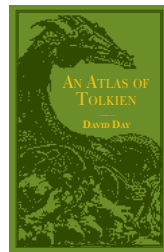
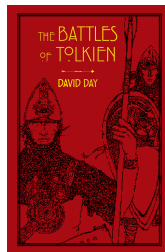
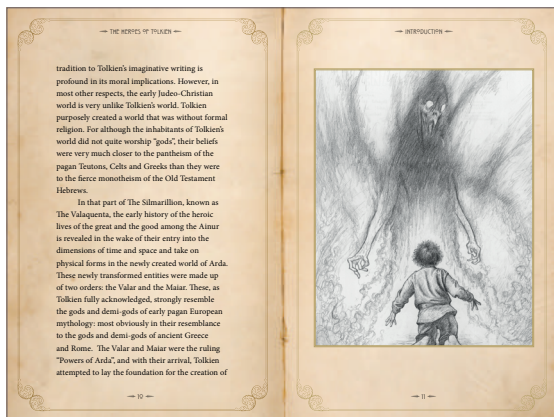
THE HEROES OF TOLKIEN

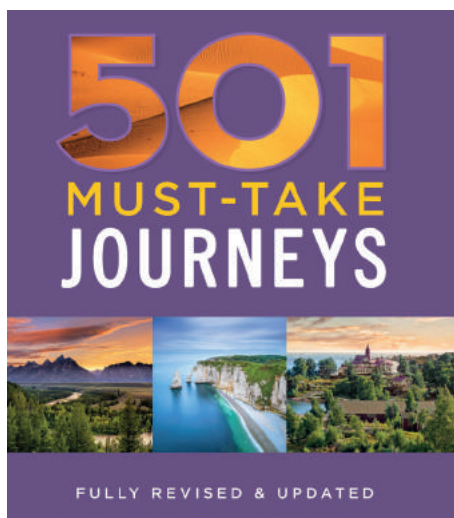
DAVID DAY
 £10.00 FLEXIBACK
 9780753732472
 256 PAGES
 192 X 128MM (5 X 7½ IN)

Tolkien's Middle-earth has endured cataclysmic wars and critical battles, causing great men and women to arise and shape the course of its history. In his latest book, best-selling author and Tolkien expert David Day examines the complexities surrounding Tolkien's portrayal of good and evil, analyzing the most celebrated heroes from the creation of the world of Arda until the end of the War of the Ring.

This work is unofficial and is not authorized by the Tolkien Estate or HarperCollins Publishers.

PREVIOUSLY PUBLISHED...



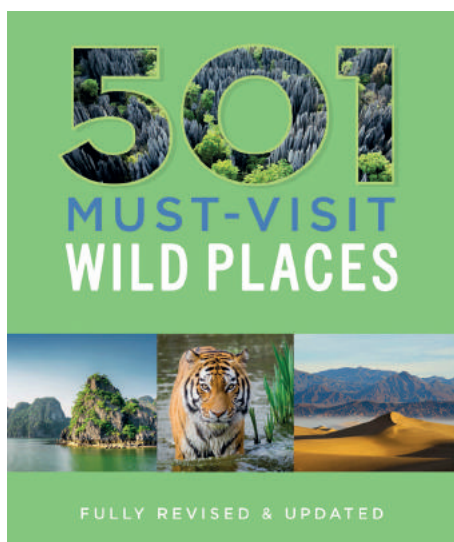


501 MUST-TAKE JOURNEYS

£25.00 HB
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 384 PAGES
 235 X 190MM (7½ X 9¼ IN)
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Featuring trips through mountains and expeditions through rivers, *501 Must-Take Journeys* provides stunning photography and practical information to help you find a journey that speaks to your soul.

From the snowy Arctic Circle to the heat of the Sahara, you're sure to get going on an unforgettable journey!



501 MUST-VISIT WILD PLACES

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From Canada's Yukon wilderness to the icy vastness of the Antarctic, *501 Must-Visit Wild Places* provides a fascinating overview of some of Earth's wonders, alongside many lesser-known marvels.

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365 ways to a peaceful life

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384 PAGES

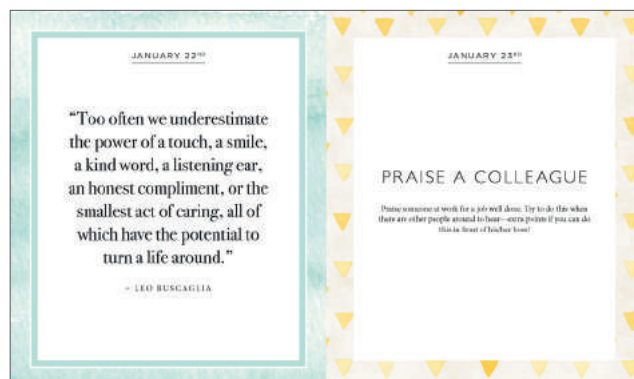
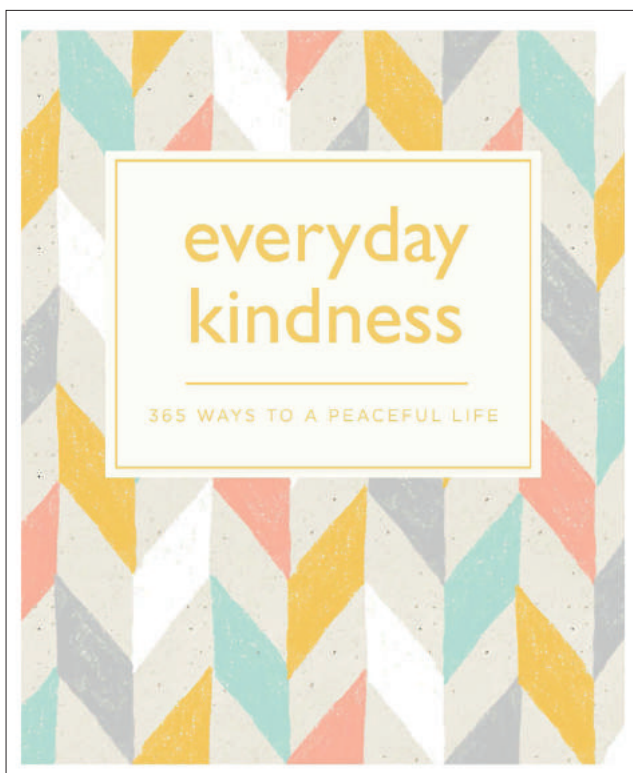
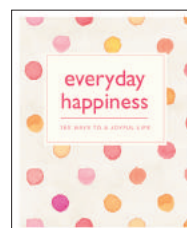
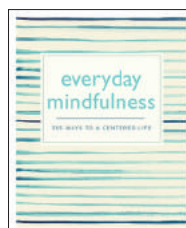
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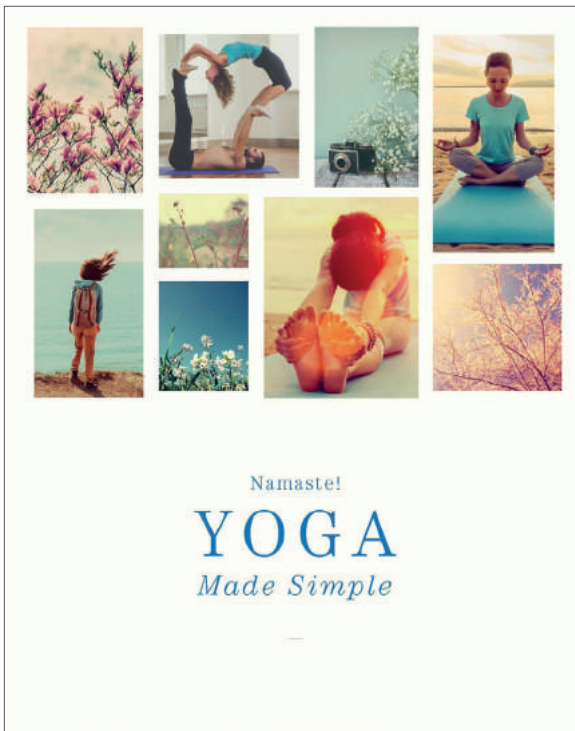
BOUNTY £5.99

Quotes, tips and inspiration for kind living every day of the year.

Thinking kindly and with consideration for ourselves and others is something all of us strive for but few of us find easy to achieve in a life filled with pressures and worries. This little book provides daily tips and suggestions on how to think and act with compassion and generosity from a host of inspiring people who have advocated for and expressed kindness. Readers will open up to start your journey to a calm, peaceful and and truly kind life.

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YOGA MADE SIMPLE

VIMLA LANVANI

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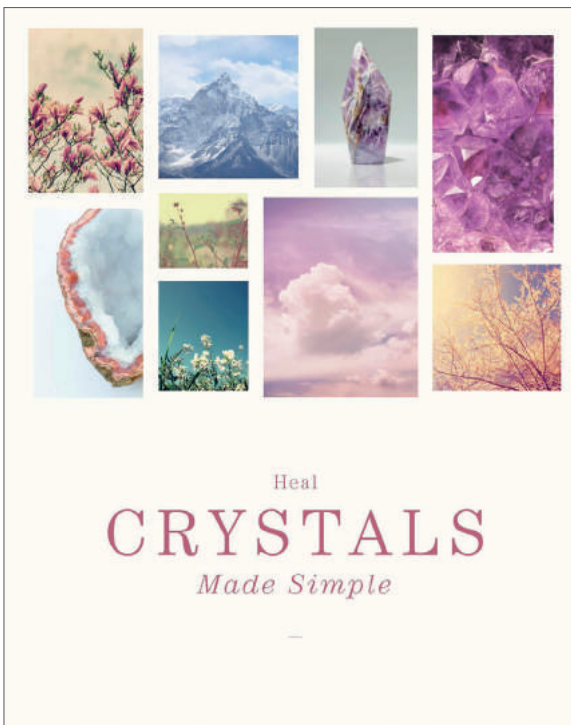
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A practical book to introduce yoga to beginners.

Yoga is one of the best ways to achieve top-to-toe fitness and as a practice, it is now more popular and accessible than ever. It improves muscle tone and flexibility, boosts energy levels, increases concentration and relieves stress – *Yoga Made Simple* will connect you to each of these benefits, and more!



CRYSTALS MADE SIMPLE

TESESA MOOREY

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MEDITATION MADE SIMPLE

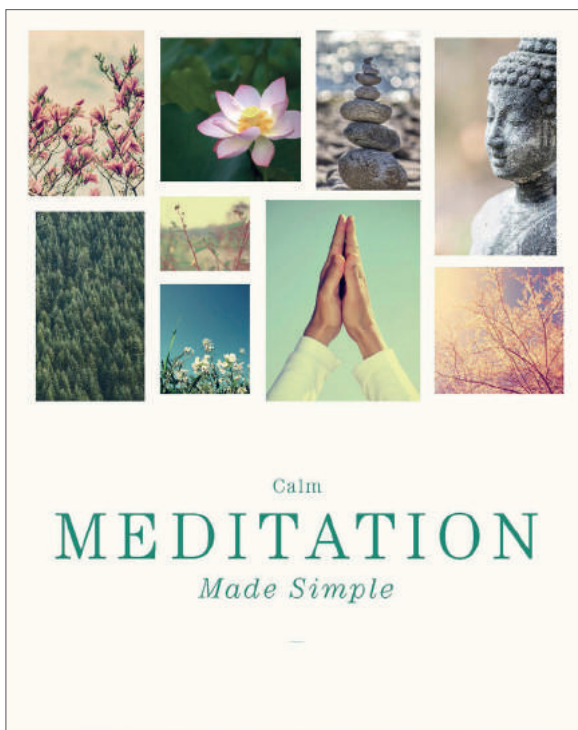
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Meditation Made Simple teaches you everything you need to know about how to use meditation to improve your life, including step-by-step practical instructions and exercises for beginners, showing you how to combine meditation with other approaches including yoga, chi kung, mandalas and labyrinths.



MINDFULNESS MADE SIMPLE

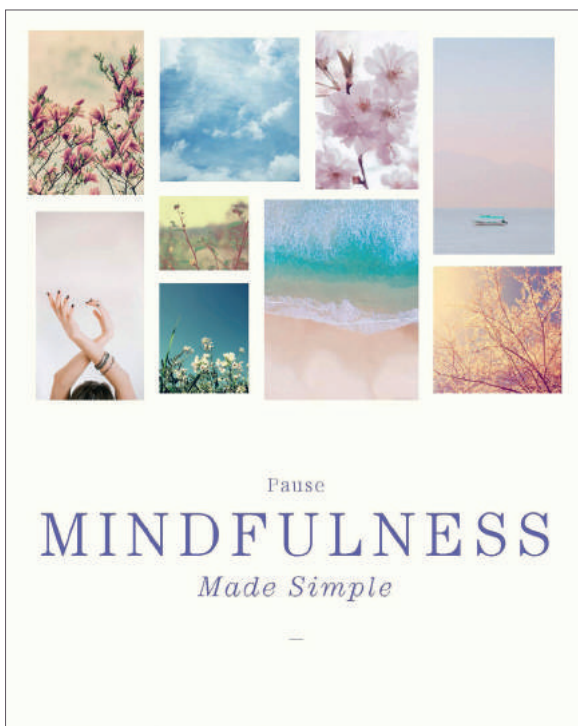
CHRISTOPHER TITMUSS

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A practical book to introduce mindfulness to beginners.

Mindfulness, though deeply rooted in Buddhist practice, has become more and more relevant to peoples' lives everywhere, as its calming and centering benefits have been revealed. When you're being mindful, every activity — no matter how trivial or familiar — is worthy of attention and your wholehearted awareness and presence.

With helpful knowledge and gentle exercises, this book will guide you to pause, gain focus, and make the perfect start to a mindful life.



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For comfort and reassurance



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Everyone needs a helping hand or word of guidance to help navigate their way through life's ups and downs. Amongst these 50 messages of stories, visualisations, prayers and meditations, you will find will support and motivation for your spiritual journey.

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A collection of 50 dream interpretations to aid understanding of your dream-world.

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MEDITATIONS

For mindfulness, healing and stress relief

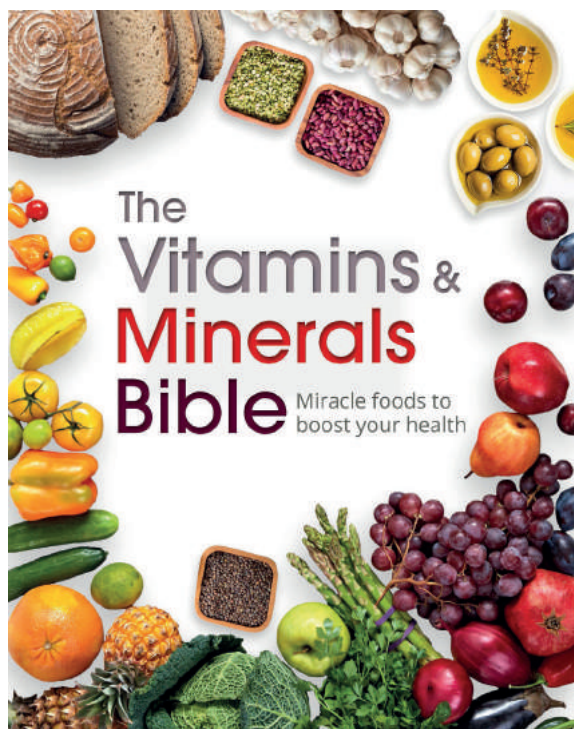


MEDITATIONS

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A collection of 50 meditations to bring peace and focus into your everyday life.

Meditation has been practised in many cultures for thousands of years because of its numerous benefits. In all areas of being – physical, mental, emotional, and spiritual – the 50 meditations found in this book have the potential to help you create a better life.



THE VITAMINS & MINERALS BIBLE

Miracle foods to boost your health

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Be inspired into healthy-living by discovering everything you need to know about your body's nutritional health.

Bursting with nutritional information and dietary advice, *The Vitamins & Minerals Bible* is the ultimate guide to discovering what nutrients your body needs, why they are essential to your health, how they can aid common illnesses and how easily they can be implemented into your lifestyle.

Introducing health-boosting carbohydrates, proteins, vitamins, minerals and fats, a glossary of terms and a number of nourishing recipes, this book is a functional and motivational to let nature's best help make a better you.



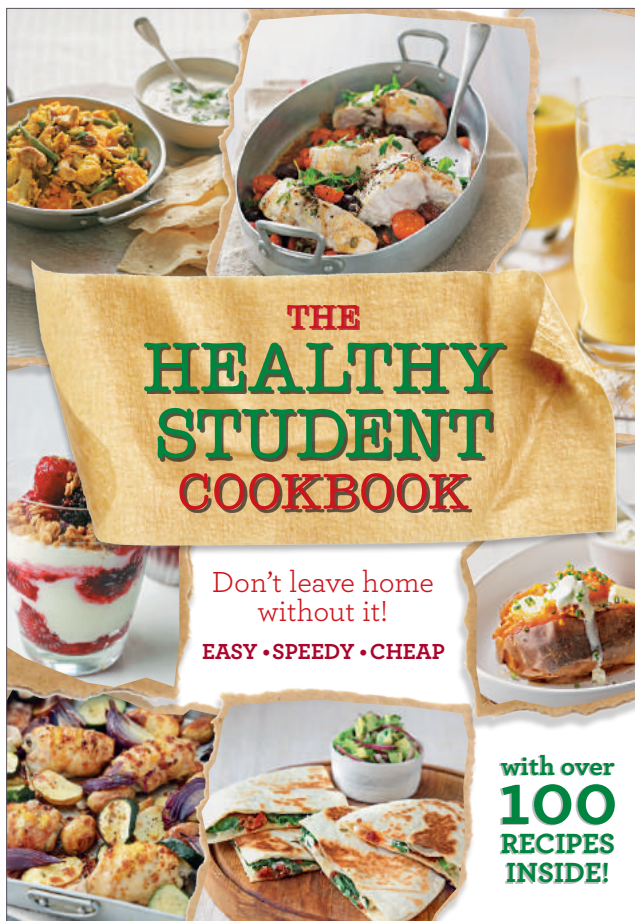
501 MUST-DRINK COCKTAILS

£25.00 HB
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384 PAGES
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BOUNTY £9.99

Cocktails, whether served at a party or as a precursor to an elegant meal, lend an air of sophistication and class. There are hundreds of cocktails, some of which gain fleeting popularity before disappearing into obscurity.

In *501 Must-Drink Cocktails*, timeless favourites are collected alongside more recent and modern classics.





THE HEALTHY STUDENT COOKBOOK

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without it!
EASY • SPEEDY • CHEAP

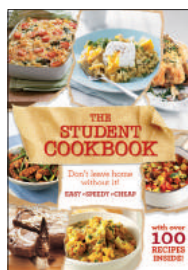
with over
100
RECIPES
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THE HEALTHY STUDENT COOKBOOK

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Filled with 100 healthy recipes that require minimal prep and cooking time, *The Healthy Student Cookbook* is the perfect gift for the busy student. With no specialist ingredients or equipment to worry about, these recipes are ideal for a student living away from home. Each recipe is cheap, easy to follow and packed full of energy – perfect for a hungry mind and a hectic social life!

PREVIOUSLY PUBLISHED...



spaghetti carbonara

EE 0 1

what you need

- 400 g (14 oz) spaghetti
- 150 g (5 oz) streaky bacon
- 2 egg yolks
- 4 tablespoons double cream
- 25 g (1 oz) Parmesan cheese, grated, plus extra to serve
- salt and pepper
- green salad, to serve



what you do

- 1 Cook the pasta in a large saucepan of salted boiling water according to the pack instructions until al dente.
- 2 Meanwhile, cook the bacon under a preheated medium grill for 7 minutes or until crisp. Cook for 1 minute, then cut into small pieces. Mix together the egg yolks, cream and Parmesan in a bowl.
- 3 Drain the pasta, reserving a little of the cooking water, and return to the pan. Stir in the bacon and cream mixture, adding a little cooking water to loosen if needed. Season well.
- 4 Place on serving plates, garnish with extra Parmesan and serve with a green salad.

80 Super Speedy

chicken chilli pasta

EE 0 1

what you need

- 1 tablespoon sunflower oil
- 400 g (14 oz) chicken mince
- 1 garlic clove, crushed
- 1 teaspoon chilli powder
- 1 teaspoon chili flakes
- 450 ml (¾ pint) passata
- 1 tablespoon sun-dried tomato paste
- 200 g (7 oz) spaghetti
- salt and pepper
- freshly grated Parmesan cheese, to serve

what you do

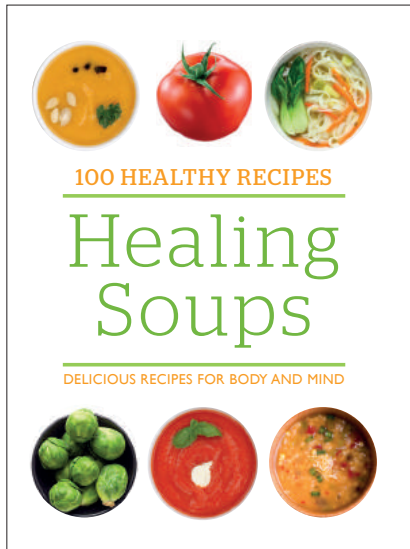
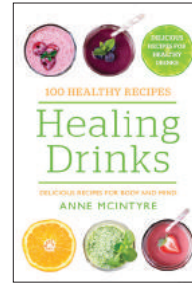
- 1 Heat the oil in a large frying pan, add the chicken mince and fry over a high heat for 8 minutes, breaking up any clumps.
- 2 Add the garlic, chilli powder, chili flakes, passata and pesto. Season with salt and pepper, bring to the boil, then reduce the heat and simmer for 10 minutes.
- 3 Meanwhile, cook the spaghetti in lightly salted boiling water for 8–10 minutes or until just tender. Drain and toss with the chicken chilli sauce. Serve with plenty of freshly grated Parmesan cheese.



100 HEALTHY RECIPES SERIES

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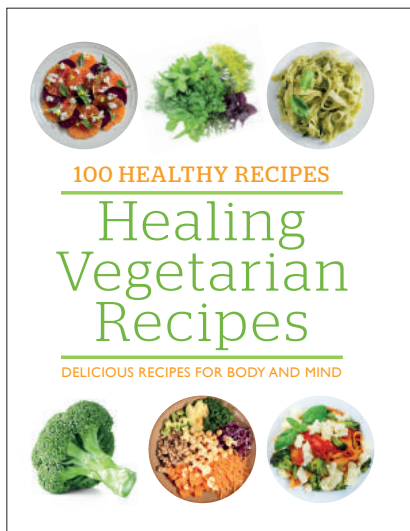


HEALING SOUPS

Delicious recipes for body and mind

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Warm, hearty and healthy, soups are the perfect pick-me-up for your body and your soul. *Healing Soups* is packed full of recipes that flood your body with the key nutrients it needs. Why not try Red Lentil Soup to boost your immunity or Toasted Pecan Soup to build up your fibre intake? This book tells you why certain ingredients are better for you than others and includes tips on nourishment, relaxation and emotional wellbeing.



HEALING VEGETARIAN RECIPES

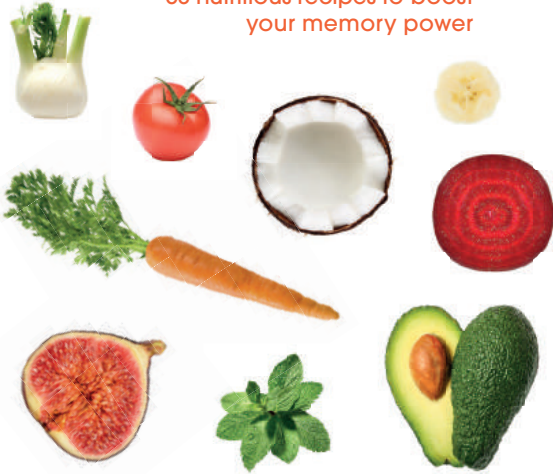
Delicious recipes for body and mind

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Healing Vegetarian Recipes is packed full of easy-to-follow recipes that provide your body with the key nutrients it craves. This book contains expert advice as to why certain ingredients are better for you than others and shows you that life without meat can be just as fulfilling as a carnivore lifestyle - if not more so! Enjoy everything from mixed bean burritos to delicious wholegrain pancakes, find tips on relaxation and discover how to heal your body by using the power of natural fruit and vegetables.

Food for thought

50 nutritious recipes to boost your memory power



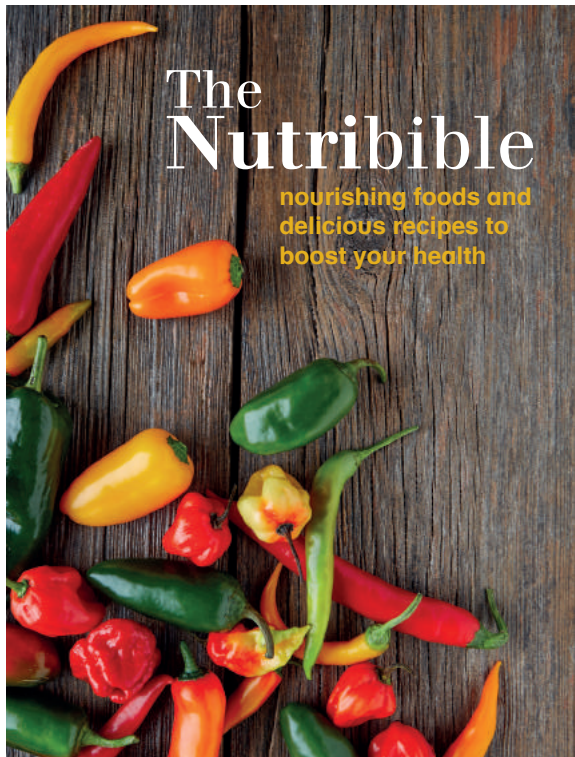
FOOD FOR THOUGHT

50 nutritious recipes to boost your memory power

LORRAINE PERRETTA AND OONA VAN DEN BERG

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Food for Thought explains how to make the right food choices for your brain, and how best to avoid foods that make it difficult for the brain to work to its full potential. Packed full of tried-and-tested nutritional information, this book highlights which foods will increase your alertness, what you ought to be snacking on before an exam and what vegetables can minimize the effects of ageing. Discover the specific nutrients that can aid short-term memory, improve co-ordination and balance or fight against depression and stress.



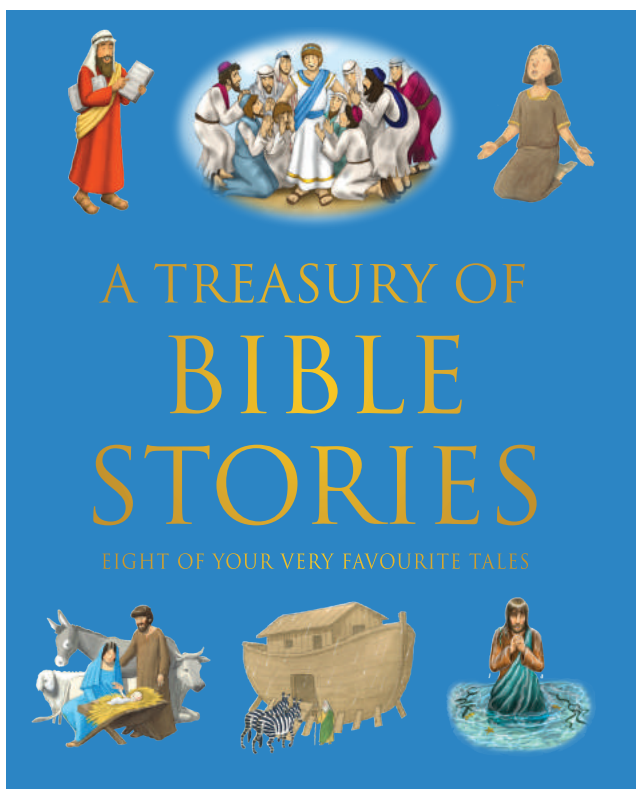
THE NUTRIBIBLE

100 super foods for super health

£14.99 PB
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192 PAGES
246 X 189MM (7½ X 9¾ IN)
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Whether you want to cure a cold, have more energy, lower blood pressure or prevent heart disease, you'll find the 100 best foods here, complete with vital information about what each food contains and why it will boost your health.



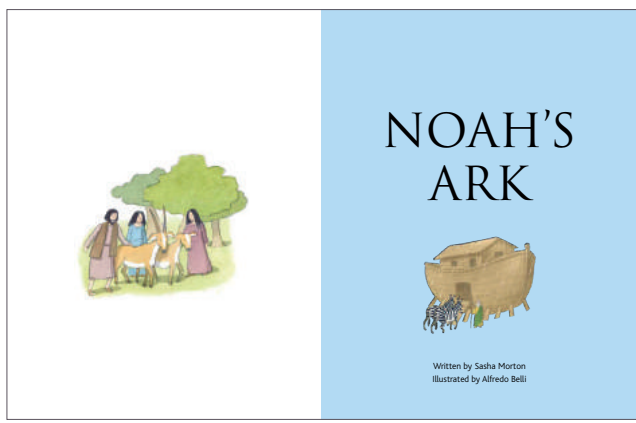


A TREASURY OF BIBLE STORIES

Eight of your very favourite tales

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 UNCONFIRMED
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 BOUNTY £5.99

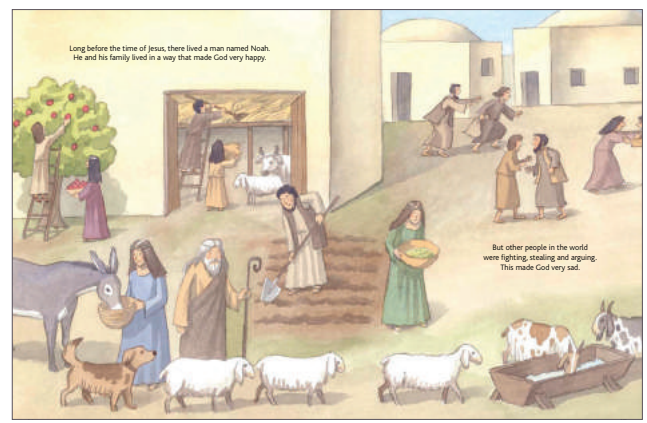
From Joseph and his coat to Jonah and the whale, eight classic adventures are brought to life in this colourful anthology. While giving children a strong knowledge of the background to many religious beliefs today, the stories stimulate thought, faith and discussion, along with a real enjoyment of these captivating tales. Storytelling at its best.



NOAH'S ARK

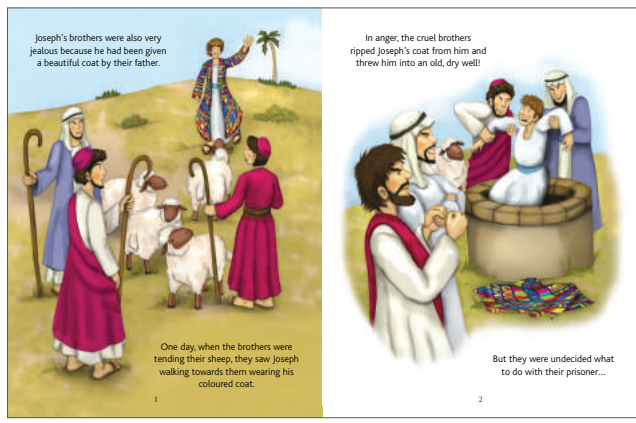


Written by Sasha Morton
 Illustrated by Alfredo Belli



Long before the time of Jesus, there lived a man named Noah. He and his family lived in a way that made God very happy.

But other people in the world were fighting, stealing and arguing. This made God very sad.

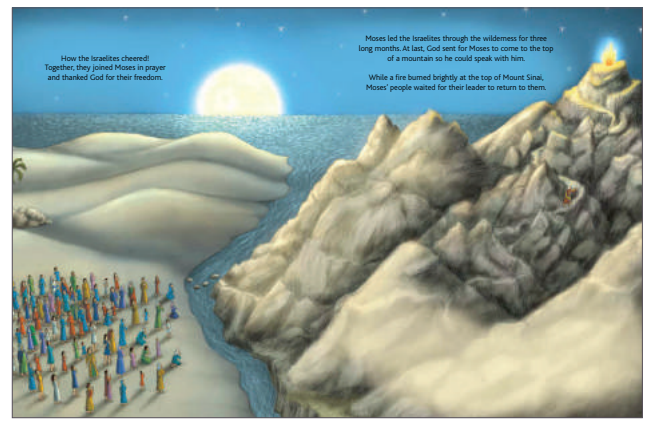


Joseph's brothers were also very jealous because he had been given a beautiful coat by their father.

In anger, the cruel brothers ripped Joseph's coat from him and threw him into an old, dry well!

One day, when the brothers were tending their sheep, they saw Joseph walking towards them wearing his coloured coat.

But they were undecided what to do with their prisoner...



How the Israelites cheered! Together, they joined Moses in prayer and thanked God for their freedom.

Moses led the Israelites through the wilderness for three long months. At last, God sent for Moses to come to the top of a mountain so he could speak with him.

While a fire burned brightly at the top of Mount Sinai, Moses' people waited for their leader to return to them.

COLOUR + LEARN SERIES

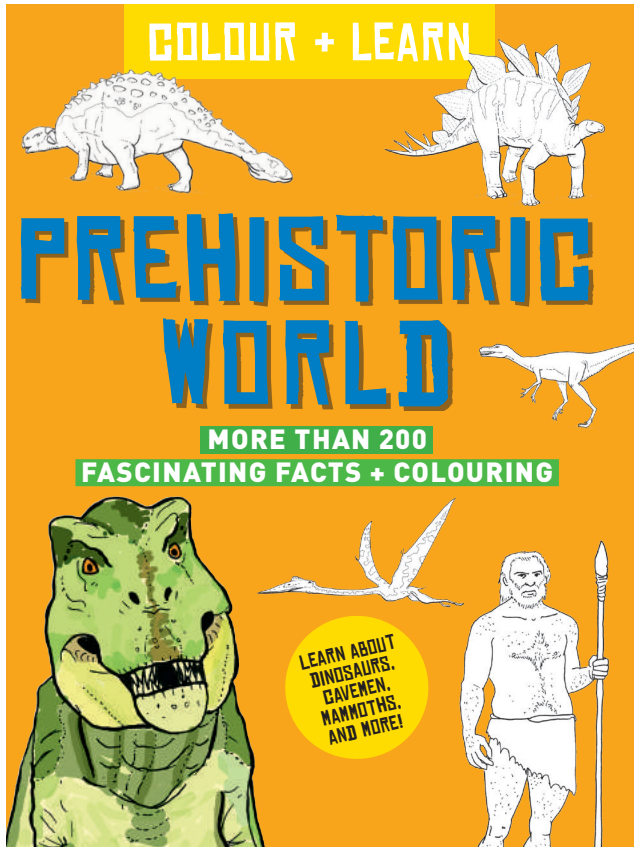
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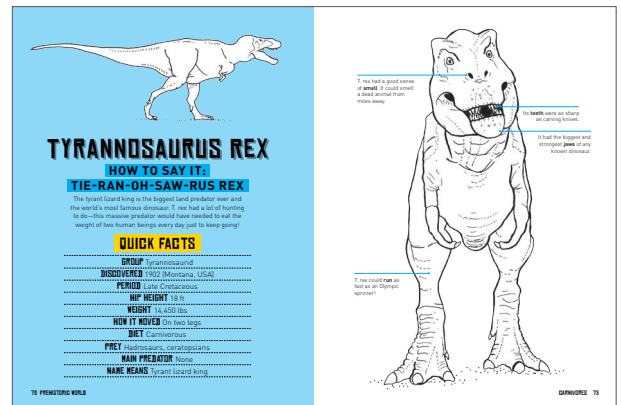
Work meets play with this fantastic children's series. Each book provides a basic introduction to a particular subject and encourages children to interact with the material by colouring it in as they learn.

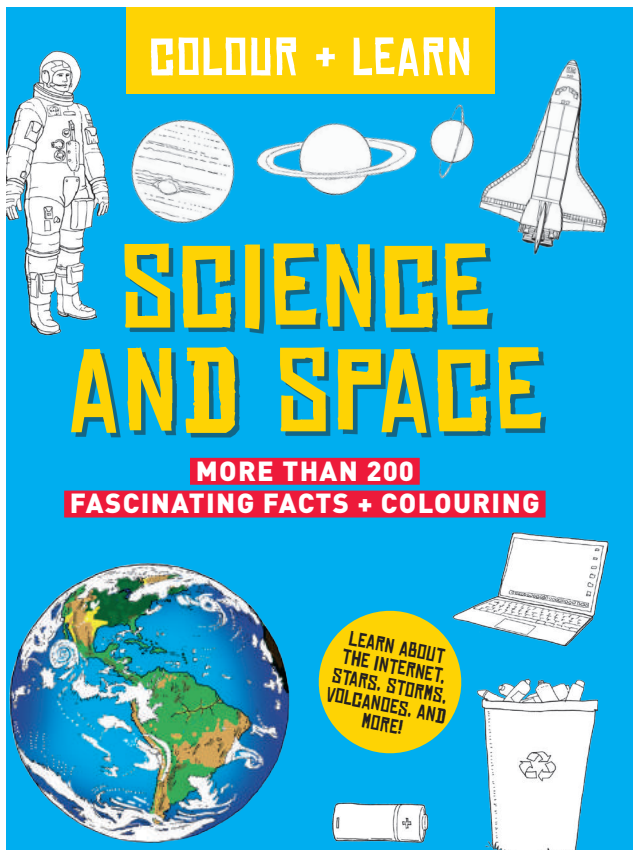


PREHISTORIC WORLD

9780753732328

Millions of years ago, dinosaurs roamed the earth. Today scientists have found fossils as long as 122 feet! There is so much to learn about these fantastic creatures and now you can with *Colour + Learn: Prehistoric World*.

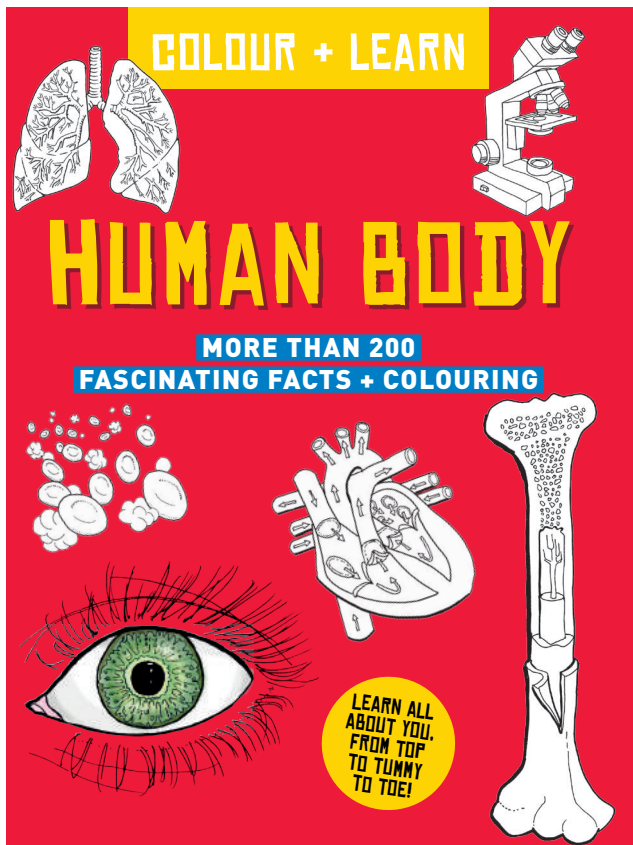
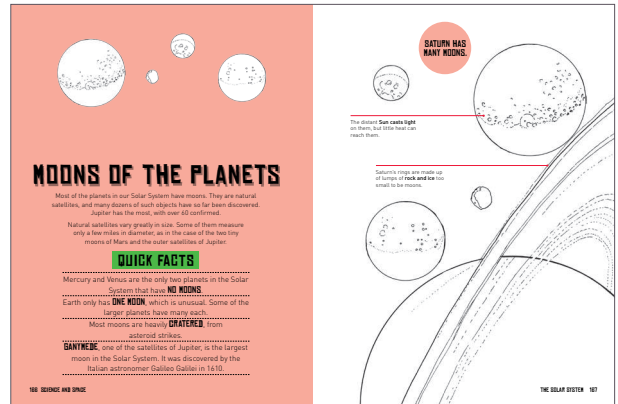




SCIENCE + SPACE

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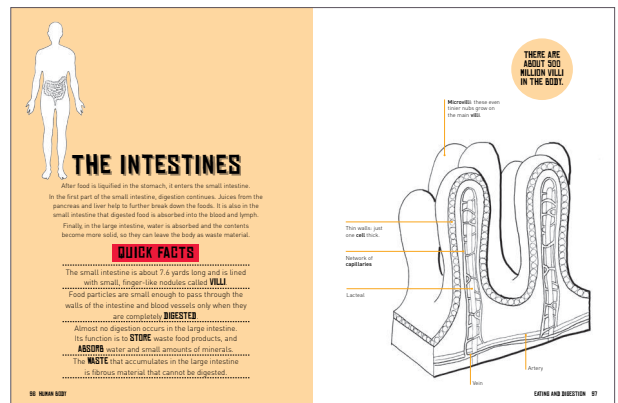
Learn about some of the world's most fantastic scientific discoveries with *Colour + Learn: Science & Space*. Find out about the first moon landing, how magnets work, the invention of the internet and much more.



HUMAN BODY

9780753732335

Your body is made up of bones, muscle, organs and much more. Discover how all of these different parts work together to make you breathe, eat or walk with *Colour + Learn: Human Body*.





DOT-TO-DOT OF TOLKIEN

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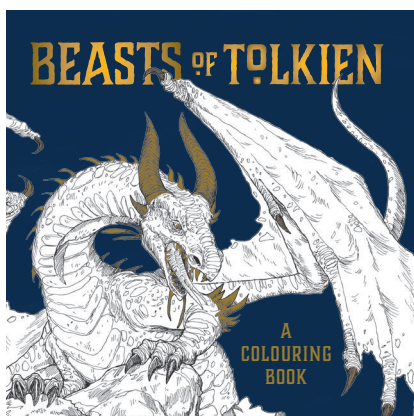
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96 PAGES

248 X 248MM

Join the dots to reveal some of Tolkien's most popular characters.

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BEASTS OF TOLKIEN: A COLOURING BOOK

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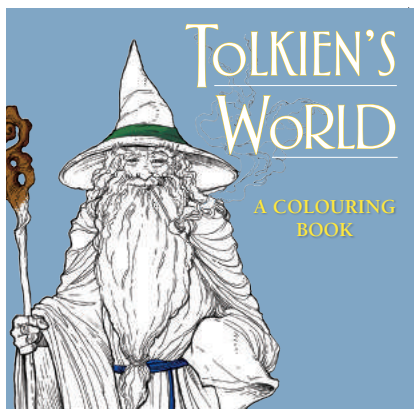
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96 PAGES

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Step into Tolkien's universe to colour in some of the most terrifying creatures of Middle-earth.

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TOLKIEN'S WORLD: A COLOURING BOOK

£9.99 PB + FLAPS

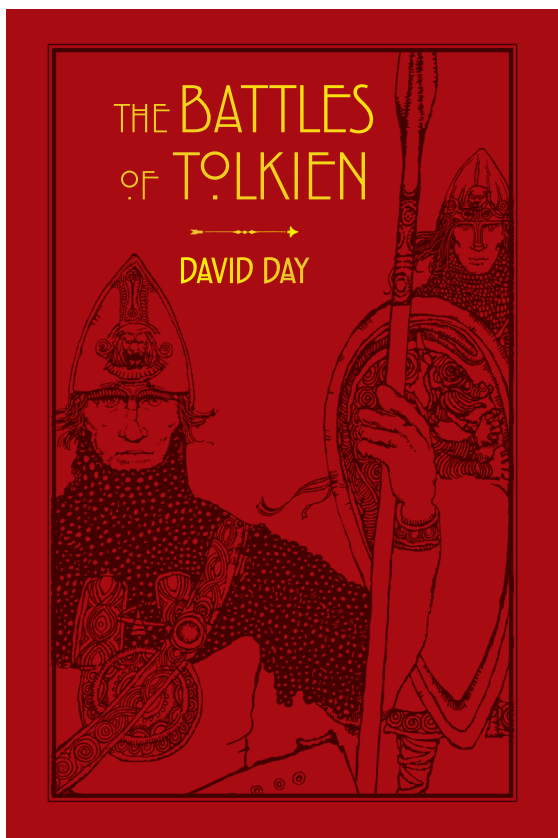
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96 PAGES

248 X 248MM

Immerse yourself into the world of Tolkien and colour in scenes and characters of his most famous tales.

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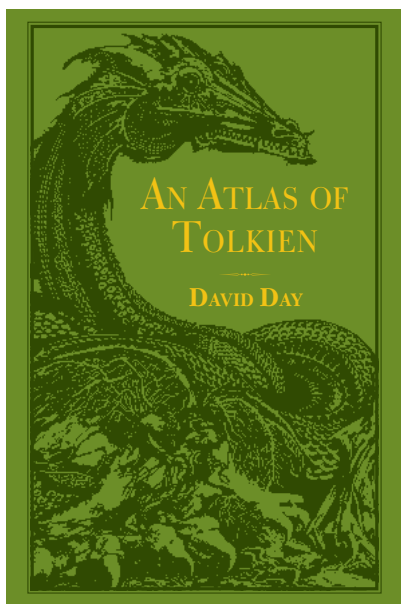
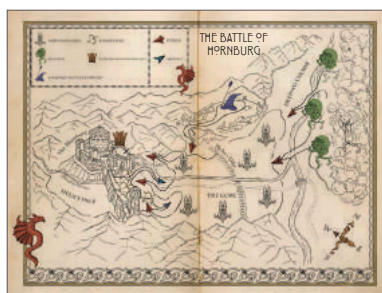


THE BATTLES OF TOLKIEN

DAVID DAY
 £10.00 FLEXIBACK
 9780753731093
 256 PAGES
 192 X 128MM

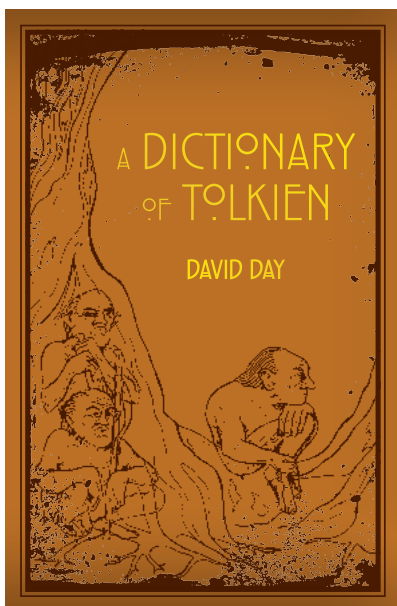
An in-depth analysis of the major battles of Tolkien's works, from *The Hobbit* to *The Lord of the Rings*.

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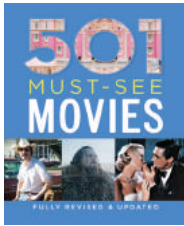
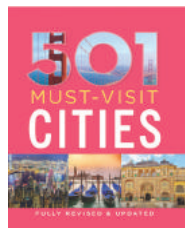
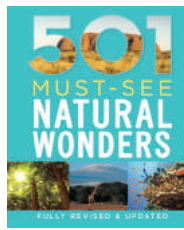
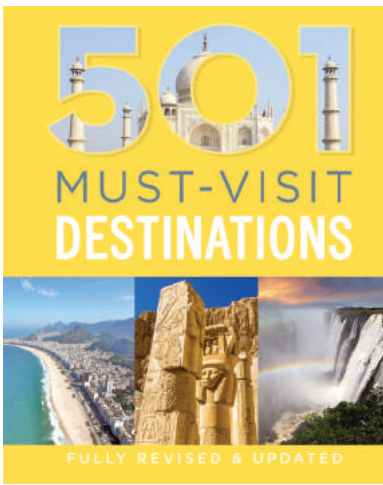
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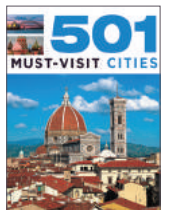
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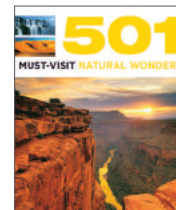
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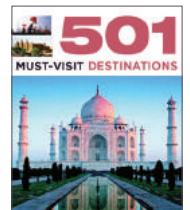
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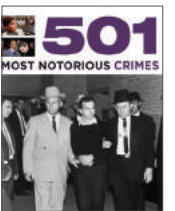
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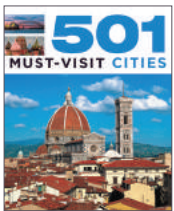
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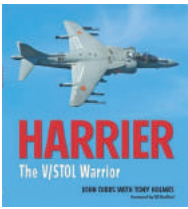
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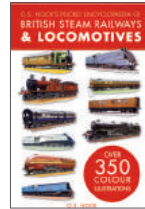
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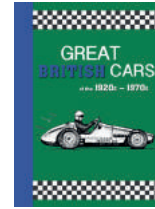
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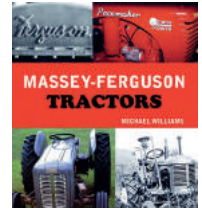
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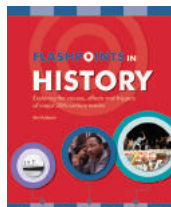
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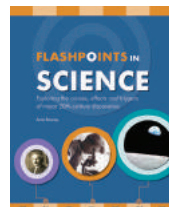
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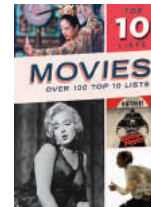
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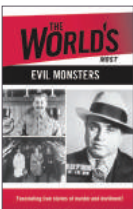
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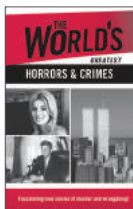
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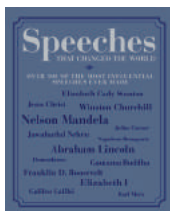
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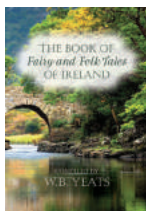
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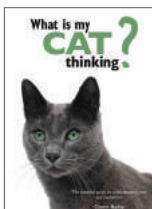
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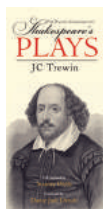
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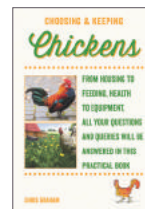
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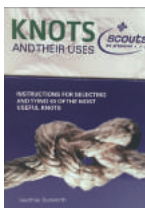
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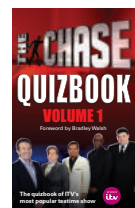
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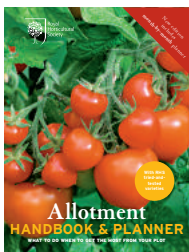
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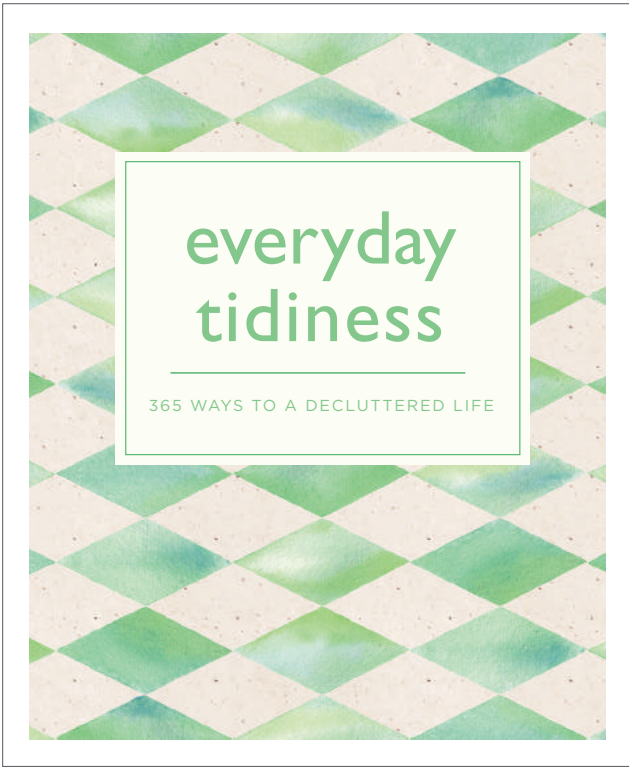
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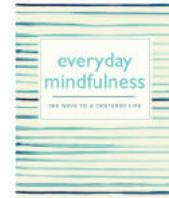


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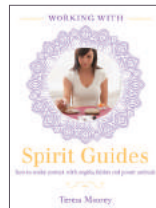
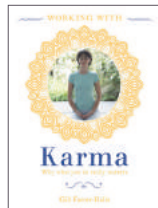
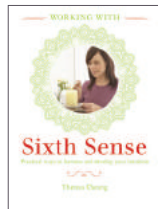
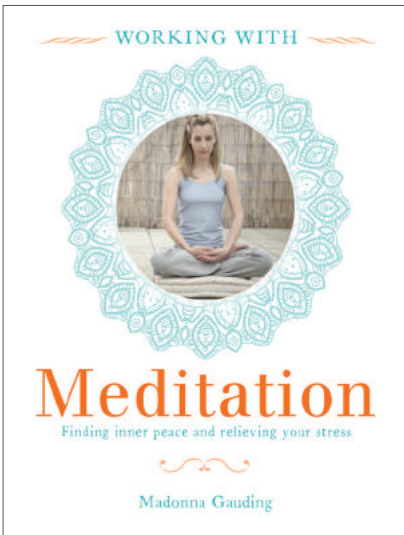
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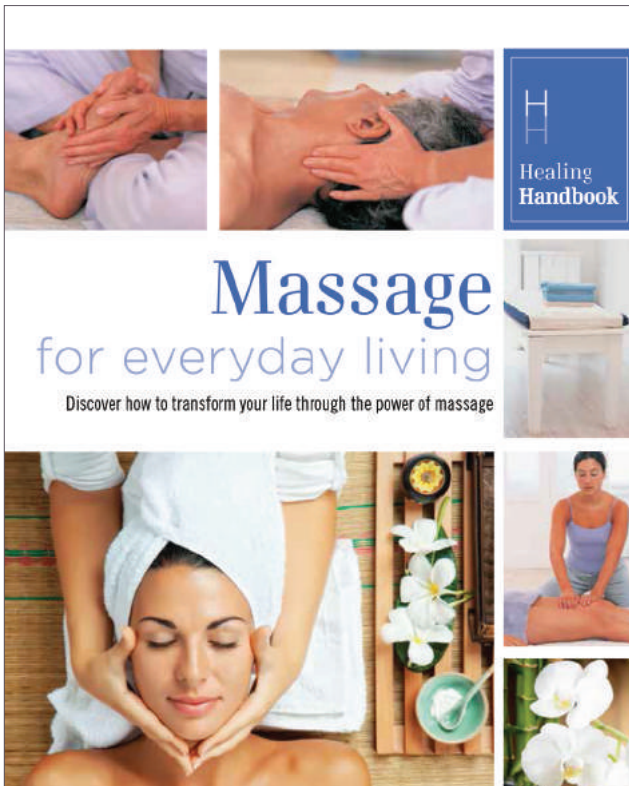
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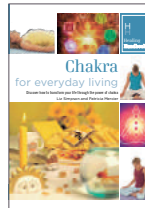


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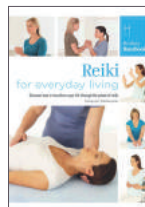
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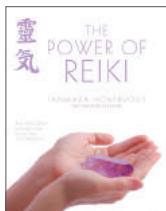
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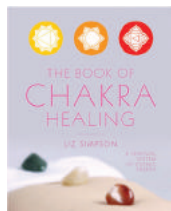


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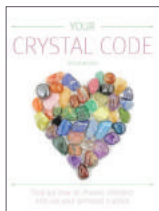
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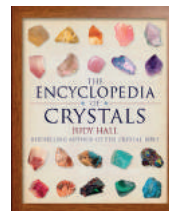
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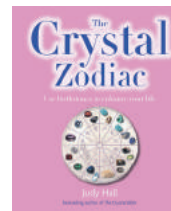
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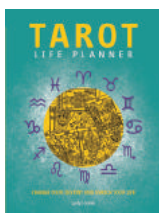
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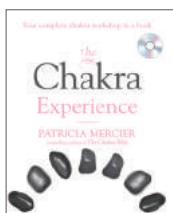
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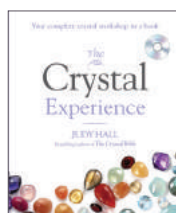
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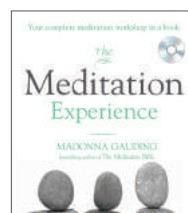
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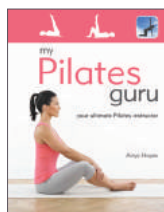
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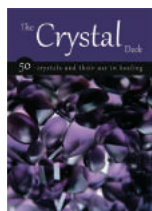
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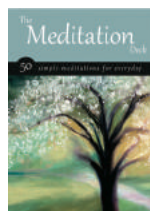
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A key antioxidant, vitamin E is particularly important for a healthy heart and healthy skin. It is also important for your immune system. Vitamin E is only stored in your body for a short period of time and regular intake is essential.

HOW IT WORKS

Vitamin E is a powerful antioxidant that helps to prevent oxidative stress from the free radicals, which damage cells and speed up the aging process. One of its key functions is to act as an antioxidant. It helps to protect your cells from oxidative stress and prevent DNA damage. It also helps to improve the activity of vitamin E in your body.

EFFICIENCY SYMPTOMS

- Skin cracking
- Hair loss and thinning
- Lack of sex drive
- Difficulty after intercourse
- Menstrual pain

DEFICIENCIES

Deficiency of Vitamin E is thought to cause the immune system and help your body to fight infection.

Heart and circulation Studies have shown that Vitamin E can help to improve heart and blood vessel health. It is also used to improve the activity of vitamin E in your body.

Healthy skin Vitamin E is essential for healthy skin and helps to prevent dryness and itching. It is also used to improve the activity of vitamin E in your body.

Eye problems Supplements of vitamin E are thought to prevent cataracts formation and improve eye health.

Key facts Vitamin E is sometimes known as the antioxidant vitamin. It is thought to be one of the most important antioxidants in your body. It is only stored in your body for a short period of time and regular intake is essential.

SUPPLEMENTS

Vitamin E is available as a supplement in a variety of forms. It is often found in capsules, tablets, and softgels. It is also available as a liquid supplement. It is important to choose a high-quality supplement. It is also important to choose a supplement that is easy to swallow. It is also important to choose a supplement that is easy to digest. It is also important to choose a supplement that is easy to absorb. It is also important to choose a supplement that is easy to store. It is also important to choose a supplement that is easy to use. It is also important to choose a supplement that is easy to travel with. It is also important to choose a supplement that is easy to carry. It is also important to choose a supplement that is easy to keep. It is also important to choose a supplement that is easy to clean. It is also important to choose a supplement that is easy to wash. It is also important to choose a supplement that is easy to dry. It is also important to choose a supplement that is easy to store. It is also important to choose a supplement that is easy to use. It is also important to choose a supplement that is easy to travel with. It is also important to choose a supplement that is easy to carry. It is also important to choose a supplement that is easy to keep. It is also important to choose a supplement that is easy to clean. It is also important to choose a supplement that is easy to wash. It is also important to choose a supplement that is easy to dry.

PRECAUTIONS

If you are taking medication to thin the blood, or have a condition that affects your liver, you should consult your doctor before taking vitamin E supplements. High doses of vitamin E may increase the risk of bleeding. It is also important to choose a high-quality supplement. It is also important to choose a supplement that is easy to swallow. It is also important to choose a supplement that is easy to digest. It is also important to choose a supplement that is easy to absorb. It is also important to choose a supplement that is easy to store. It is also important to choose a supplement that is easy to use. It is also important to choose a supplement that is easy to travel with. It is also important to choose a supplement that is easy to carry. It is also important to choose a supplement that is easy to keep. It is also important to choose a supplement that is easy to clean. It is also important to choose a supplement that is easy to wash. It is also important to choose a supplement that is easy to dry.

VITAL FACTS
VITAMIN E (TOCOPHEROL)

Recommended daily allowance for adults:

- 15 mg
- 10 mg
- 5 mg
- 2 mg
- 1 mg
- 0.5 mg
- 0.2 mg
- 0.1 mg
- 0.05 mg
- 0.02 mg
- 0.01 mg
- 0.005 mg
- 0.002 mg
- 0.001 mg
- 0.0005 mg
- 0.0002 mg
- 0.0001 mg
- 0.00005 mg
- 0.00002 mg
- 0.00001 mg

One of the most common antioxidants, vitamin E is a key nutrient in the body. It is essential for a healthy body.

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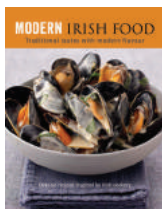
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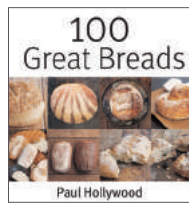
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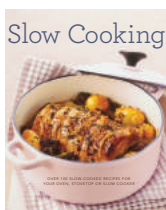
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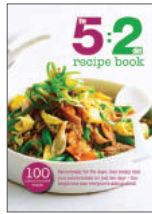
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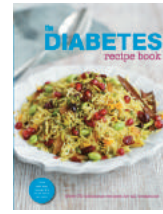
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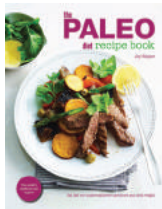
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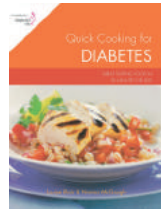
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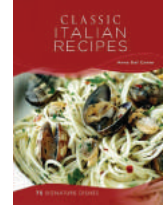
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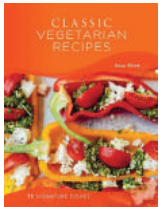
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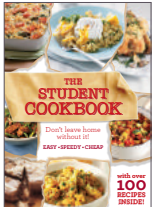
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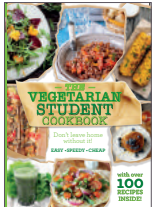
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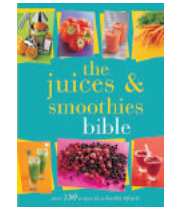
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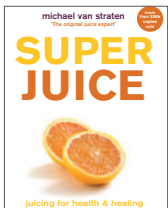
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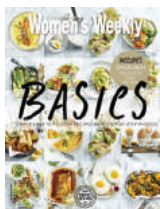
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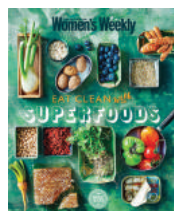
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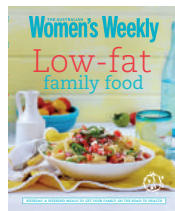
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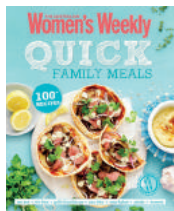
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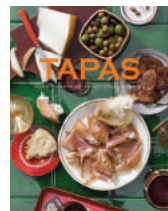
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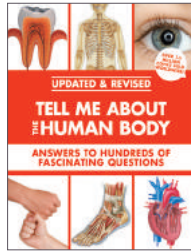
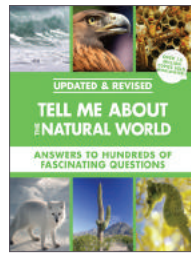
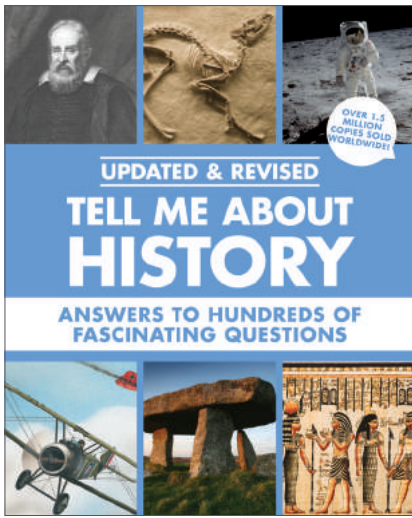


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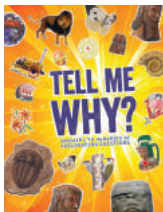
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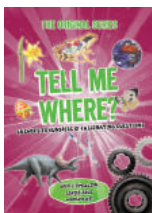
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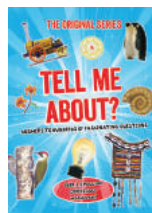
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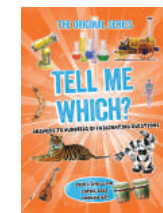
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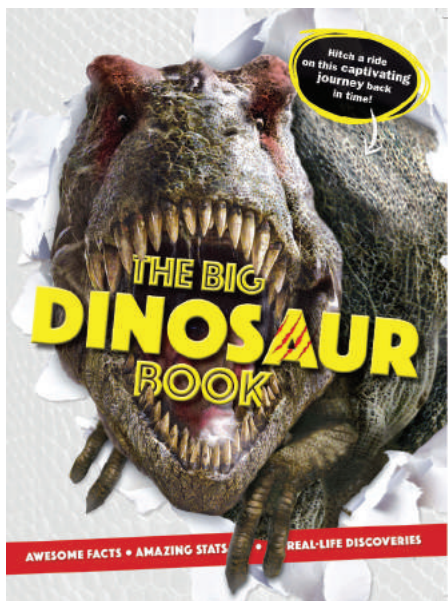
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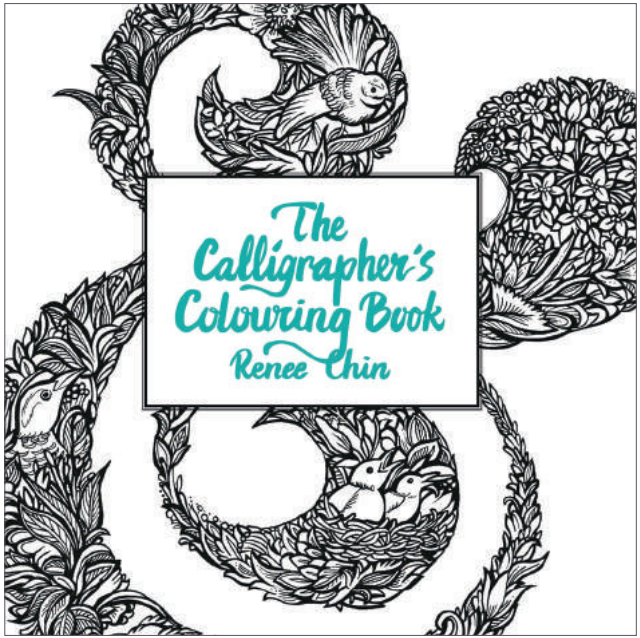
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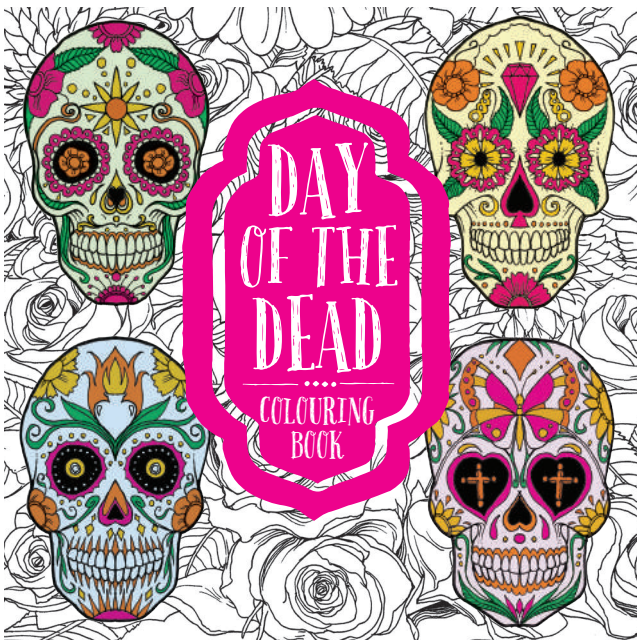
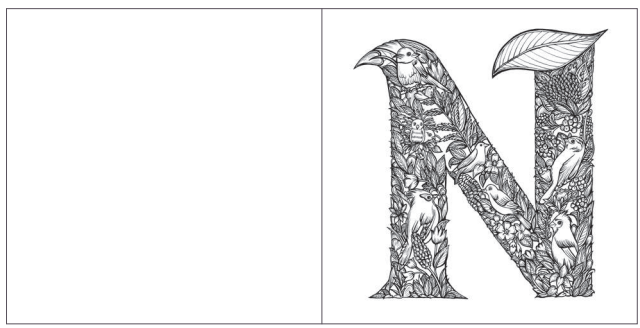
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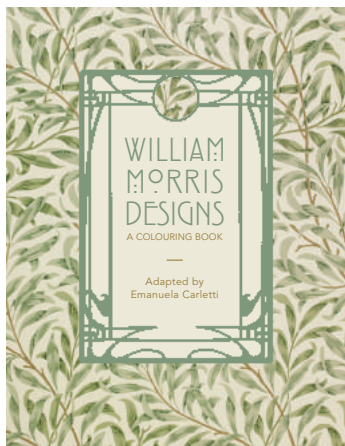


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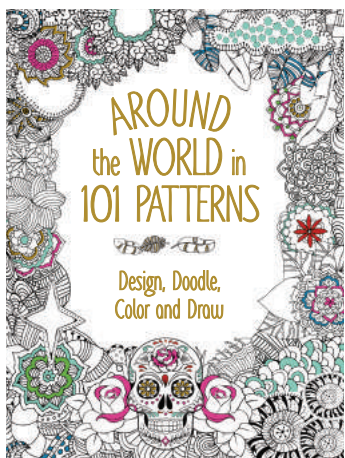
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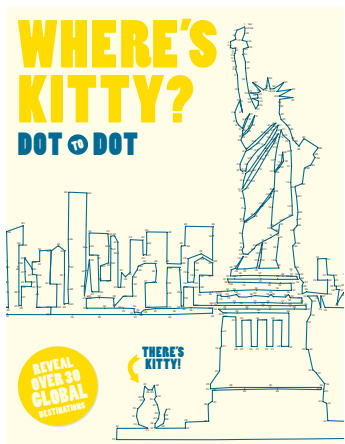
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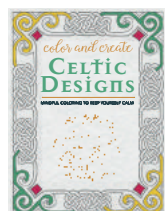
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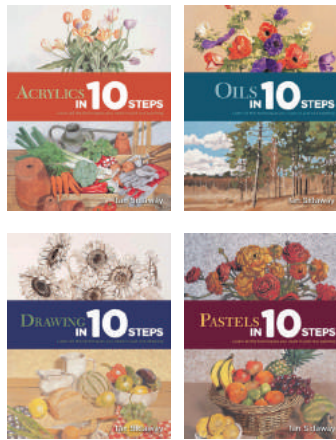
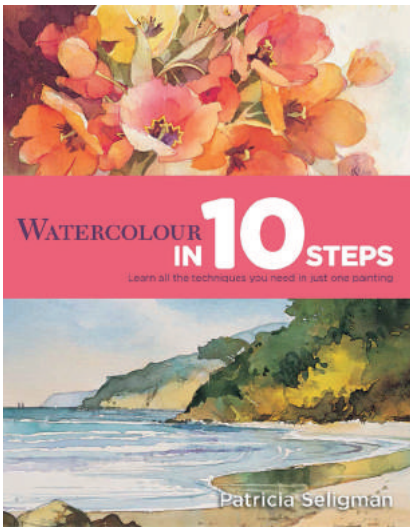
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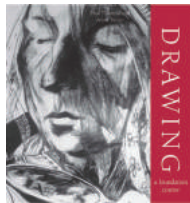
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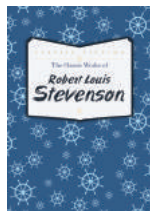
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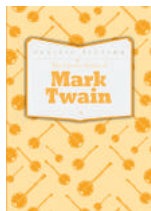
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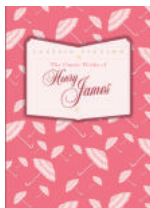
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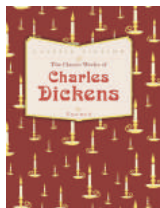
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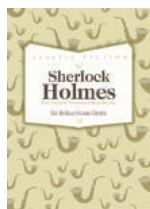
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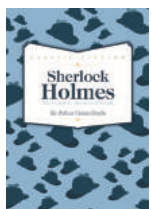
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