



## Vitamin E

Vitamin E is a fat-soluble vitamin, which means that its absorption is dependent upon dietary fat absorption. Vitamin E is a powerful antioxidant, working with selenium and vitamin C to protect cells from the damaging effects of free-radicals, which are natural by-products of energy production. Studies are currently underway to determine whether or not vitamin E can help protect the body from heart disease and cancer. Vitamin E also plays a role in immune function, metabolism and helps to maintain healthy genetic material (DNA).

Alpha-tocopherol is the name of the most active form of vitamin E in humans. Supplements are usually sold as alpha-tocopherol acetate, a form of vitamin E that protects its ability to function as an antioxidant.

The signs and symptoms of vitamin E deficiency include: higher risk of blood clot formation, anemia resulting from destruction of blood cells, reproductive failure, muscle weakness and neurological abnormalities, particularly nerve degeneration of the hands and feet.

Good food sources of vitamin E include: vegetable oils, nuts, seeds, green leafy vegetables and fortified cereals. The table below summarizes the amount of vitamin E found in some common foods.

Food	Serving size	Amount of alpha-tocopherol (mg)
Wheat germ oil	1 Tbsp.	20.3
Almonds, dry roasted	1 ounce	7.4
Sunflower seed kernels, dry roasted	1 ounce	6
Sunflower oil	1 Tbsp.	5.6
Safflower oil	1 Tbsp.	4.6
Hazelnuts, dry roasted	1 ounce	4.3
Peanut butter, smooth style	2 Tbsp.	4.2
Peanuts, dry roasted	1 ounce	2.2
Corn oil	1 Tbsp.	1.9
Spinach, boiled	½ cup	1.6
Broccoli, boiled	½ cup	1.2
Soybean oil	1 Tbsp.	1.3
Kiwi, w/o skin	1 medium	1.1
Mango, raw	½ cup	.9
Spinach, raw	1 cup	.6

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## **Recommended Intakes for Vitamin E (alpha-tocopherol)**

<b>Group</b>	<b>Amount</b>
Adults	15 mg (22.5 IU)
Pregnancy	15 mg (22.5 IU)
Lactation	19 mg (28.5 IU)

\*Note: Mega doses of vitamin E (greater than 1000 mg or 1500 IU) are not recommended because they may interfere with blood clotting and possibly cause bleeding in the brain (hemorrhagic stroke).