

# Vitamin E (alpha-tocopherol) Overview

## Why We Need It?

Vitamin E is a fat-soluble antioxidant that protects cells from oxidative damage, supports immune function, and promotes skin and heart health. It plays a vital role in reducing inflammation and maintaining healthy vision and brain function.

## Functions in the Body

Antioxidant Protection: Neutralizes free radicals, reducing oxidative stress and cell damage.

Immune Support: Enhances immune system function, helping fight infections.

Skin Health: Supports skin repair, reduces UV damage, and promotes hydration.

Heart Health: Helps prevent arterial plaque buildup and improves circulation.

Brain Function: Protects neurons from oxidative stress, potentially reducing cognitive decline.

Eye Health: May help prevent age-related macular degeneration (AMD).

## Daily Recommended Intake (RDI):

Men: 15 mg/day (22.4 IU)

Women: 15 mg/day (22.4 IU)

Pregnant Women: 15 mg/day

Lactating Women: 19 mg/day

Upper Limit (UL): 1,000 mg/day (excess intake may increase bleeding risk).

## Benefits of Supplementation

- Protects against oxidative stress and premature aging.
- Supports cardiovascular health by improving blood vessel function.
- Enhances skin elasticity and helps reduce scarring.
- Strengthens immune response and reduces inflammation.
- May lower the risk of neurodegenerative diseases like Alzheimer's.

## Most Bioavailable Form

Natural Vitamin E (d-alpha-tocopherol): The most active and bioavailable form.

Synthetic Vitamin E (dl-alpha-tocopherol): Less bioavailable and not as effective.

Mixed Tocopherols & Tocotrienols: Provides a full spectrum of Vitamin E benefits.

## Best Food Sources

Nuts & Seeds: Almonds, sunflower seeds, hazelnuts, peanuts.

Vegetable Oils: Sunflower oil, safflower oil, olive oil, wheat germ oil.

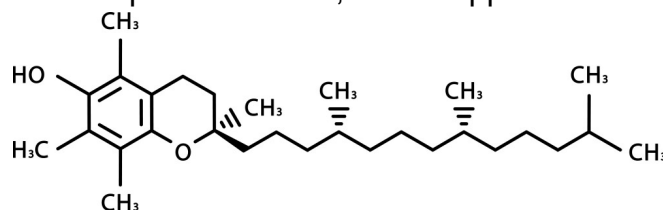
Leafy Greens: Spinach, Swiss chard, kale.

Fruits: Avocados, mangoes, kiwis.

Seafood & Meats: Salmon, shrimp, trout.

## Conclusion

Vitamin E is an essential antioxidant that protects cells from damage, supports immune function, and promotes healthy skin and heart health. Getting it through a balanced diet rich in nuts, seeds, and healthy oils ensures optimal benefits, while supplementation may be beneficial for those at risk of deficiency.



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