What is Vitamin E?

Vitamin E is a fat-soluble vitamin with two main forms: Tocopherol (which has four varying types - alpha, gamma or delta and beta) and Tocotrienol. Tocopherol’s necessity for fertility was first identified in 1922 and its name relates to this as it comes from the Greek “takos” meaning offspring or childbirth. Vitamin E is also a powerful fat-soluble antioxidant which is three times more potent as an antioxidant than Vitamin C. Vitamin E is especially important in preventing free radical (toxic unstable molecules) damage to fat molecules in the body.

Why is Vitamin E important and what does it do in the body?

Vitamin E is the premier fat (lipid) antioxidant in the body. It is incorporated into the fatty portion of cell membrane where it detoxifies and prevents harm to the cell from compounds such as heavy metals including lead and mercury as well as other toxic compounds such as benzene, cleaning solvents, drugs and radiation. In addition it helps prevent heart disease, cancer and strokes.

Vitamin E is also important for immune function. It helps to protect immune cells from damage. There are a host of other benefits from it, including its role and importance in prevention of cardiovascular disease, diabetes, fibrocystic breast disease, menopausal symptoms and tardive dyskinesia, (a neurological disorder characterized by involuntary movements of the face and jaw). It may also play a role in Parkinson’s disease and prevent premature rupture of the membranes during pregnancy.

Vitamin E also helps in the manufacture of red blood cells, and it helps the body to use vitamin K. It plays a role in cellular respiration, enabling the muscles to function with less oxygen.

What amount of Vitamin E do you need each day?

Vitamin E comes in a number of different natural forms. Synthetic Vitamin E often gives no consideration to the type of tocopherol and its bioavailability for use in the body and so supplements must be chosen carefully.

The DRI (Daily Recommended Intake) /RDA (Recommended Daily Allowance) of dietary vitamin E are listed on the next page:

Please Note: By definition, the DRI/RDA recommendations apply only to 98% of healthy individuals and are not sufficient for those with higher nutrient requirements based upon their biochemical individuality, genetics, health status, medications, deficiencies, lifestyle, and toxic exposures.
Daily intakes of dietary vitamin E are listed below. (Note: 1 mg vitamin E equals 1.5 IU.)

**Adult**
- Older than 18 years: 22.4 IU
- Pregnant females: 22.4 IU
- Breast-feeding females: 28.4 IU

**Pediatric**
- Newborn to 6 months: 6 IU
- Infants 7 months - 1 year: 7.5 IU
- Children 1 - 3 years: 9 IU
- Children 4 - 8 years: 10.4 IU
- Children 9 - 13 years: 16.4 IU
- Adolescents 14 - 18 years: 22.4 IU

**RECOMMENDED DAILY ALLOWANCE**
10mg/Day

**OPTIMAL DAILY ALLOWANCE**
300mg/Day
What are possible Vitamin E (Tocopherol) deficiency conditions and symptoms?

- Blood clotting
- Cataracts
- Easy bruising
- Gait disturbances
- Hemolytic anemia
- Hormonal disorders
- Hyperbilirubinemia – high levels of bilirubin in the blood
- Infant jaundice
- Infertility
- Involuntary eye movements
- Lack of sex drive
- Loss of position sense
- Menstrual problems
- Miscarriage, infertility, sterility
- Nerve damage
- Poor ability to absorb fat (resulting in pale greasy stools)
- Poor reflexes
- Premature birth
- Red blood cell fragility
- Slow wound healing
- Varicose veins

What are possible Vitamin E excess symptoms?

Vitamin E is a very safe vitamin. (No side effects have been reported for dosages of 1,100mg daily for over 2 years).

Symptoms of excess may include fatigue, bruising, bleeding and nausea.

What steals Vitamin E from the body?

Heat, oxygen, freezing temperatures, food processing, iron and chlorine all reduce levels of Vitamin E.

Phytosterols and phytostanols (naturally occurring plant compounds similar to cholesterol) may lower plasma Vitamin E.

The use of the following drugs can cause depletions of Vitamin E.

- Anti-Hyperlipidemia bile acid sequestrants: Cholestyramine (Questran) and Colestipol (Colestid).
- Anti seizure medications: Phenytoin (Dilantin), Carbazamine (Tegretol), Primidone (Mysoline)
- Weight management drugs: Orlistat (Xenical) - decreases exocrine output and reduces fat absorption.

What tests can be used to assess Vitamin E or tocopherol levels?

Vitamin E as tocopherol in serum (<12mg/l indicates deficiency)
What foods contain the highest amounts of Vitamin E?

**TOP 10 VITAMIN A (d-alpha tocopherol) RICH FOODS ARE:**

1. Sunflower seeds  
   36.6mg/100g
2. Almonds  
   26.2mg/100g
3. Olive Oil  
   14.4mg/100g
4. Pine Nuts  
   9.3mg/100g
5. Tofu  
   5.3mg/100g
6. Dried apricots  
   4.3mg/100g
7. Green olives  
   3.81mg/100g
8. Rainbow trout  
   2.8mg/100g
9. Shrimp  
   2.2mg/100g
10. Broccoli (cooked)  
    1.5mg/100g

What are the best Vitamin E products?

The most effective form is RRR-alpha tocopherol (100% biologically active)
The second is beta tocopherol (50% active)

The third is gamma tocopherol (10% active).
No other forms should be used

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Vitamin E (Tocopherol and Tocotrienol)

What are the very best Vitamin E products to buy?

Yasoo Aqua E
Aqua-E® is liquid water-soluble micellized vitamin E containing tocopherols and tocotrienols, and formulated for enhanced absorption of vitamin E even when normal absorptive processes are disrupted …

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PRL Deltanol
We call Deltanol™ the 21st century vitamin E. A key part of the vitamin E family consists of four tocotrienols - alpha, beta, gamma and delta. However, it is the delta fraction that has the most significant properties for cardiovascular and …

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Klaire VitaSpectrum
Powdered multiple vitamin/mineral supplement for children with Autism Spectrum Disorders. Natural berry-pomegranate flavor. This comprehensive multiple vitamin/mineral supplement contains 28 highly bioavailable …

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ProThera MultiThera 3
Iron- and copper-free multiple formula. Both iron and copper have been eliminated from this version of MultiThera® to address the needs of patients who may have elevated tissue identical in all other respects to MultiThera® 1 …

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Pure Caps Womens Pure Pack
Women's Supplement to Support Bone and Heart Health. Now With Metafolin® L-5-MTHF. Sizes Available 30 packets. Each packet contains 6 different supplements, including …

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Pure Caps Mens Pure Pack
Regardless of your walk of life, all men need to ensure that they get enough of an array of important nutrients. However, who wants to spend their time picking out supplements for a daily …

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