



## Vitamins

# Vitamin E

### What is it?

Vitamin E is tocopherol. It is fat-soluble. There are a variety of tocopherols defined by the isomer. This is a description specific to the rotation of the drug

### Why do I need it?

Vitamin E is an antioxidant and can protect the skin from ultraviolet light. Along with Vitamin C, glutathione, selenium and vitamin B3, Vitamin E helps prevent oxidative stress. There is some evidence that alpha tocopherol might prevent bladder cancer.

While most of the research on vitamin E has focused on its role in prevention of oxidative stress, a variety of new roles have recently been suggested. Most of these new roles involve the transfer of chemical information from one cell to another, or across different structures inside of a cell. This transfer of chemical information is referred to as "cell signaling," and many researchers believe that cell signaling cannot accurately take place without the help of Vitamin E.

Some drugs like dilantin, and many of the cholesterol lowering drugs (not the statins) may decrease the absorption of Vitamin E. Vitamin C is required to keep Vitamin E in its metabolically active form.

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### Where do I find it?

The best sources of Vitamin E are oils and seeds.

Papaya, one	3.40 mg.
Blueberries, fresh (1 cup)	1.46 mg.
Olives, ripe (1 cup)	4.03 mg.
Sunflower Seeds, dried (1/4 cup)	18.10 mg.
Almonds, whole, natural (1/4 cup)	8.09 mg.
Tomato, red, raw, ripe	0.68 mg.

### How much do I need?

Adult males: 19 mg. daily

Adult females: 13 mg. daily

You need only very tiny amounts of these nutrients, but vitamins are absolutely essential for your health.

