

NATURAL VITAMIN E

WHAT IT IS AND WHERE IT IS USED



VITAMIN E IS A:

- ★ Vital nutrient found naturally in many foods
- ★ Strong antioxidant
- ★ Fat-soluble compound that the body can store and use as needed

The term "vitamin E" describes 8 different compounds, but Alpha-tocopherol is most active in humans.



VITAMIN E

AS A VITAL NUTRIENT

VITAMIN E IS INVOLVED IN:

- Immune function
- Repairing damaged cells
- Expression of genetic traits
- Other various metabolic processes



THERE IS ALSO EVIDENCE THAT VITAMIN E CAN PREVENT OR DELAY:



Cancer



Eye disorders



Cognitive decline



Coronary heart disease

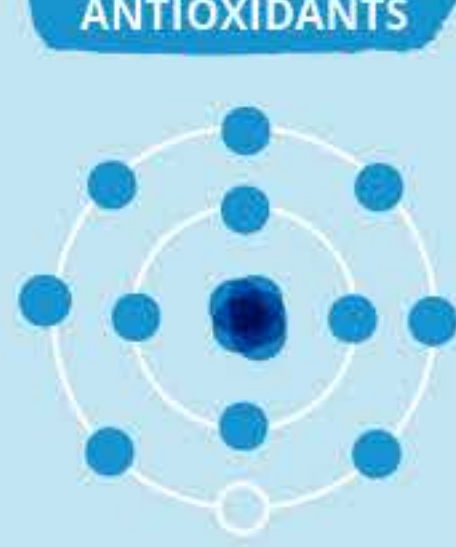
VITAMIN E

AS AN ANTIOXIDANT

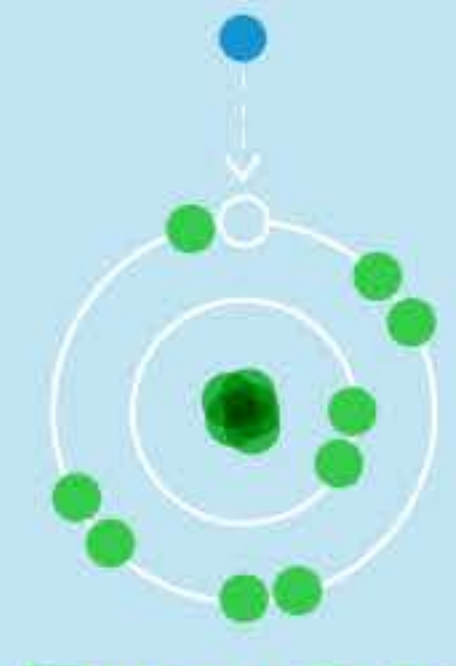
Antioxidants can often be identified in food by intense coloration — for example, the deep red color of cherries.

Oxidation, or the loss of an electron, can yield free radicals, which can cause oxidative stress or damage to cells. Antioxidants work to stabilize free radicals before they have a chance to cause harm.

ANTIOXIDANTS



FREE RADICALS



WHAT ARE FREE RADICALS?

- Free radicals are molecules that contain an unpaired electron.
- They weaken cells and may contribute to cancer and heart disease.
- Free radicals form due to normal body processes.
- Much like rust forms on a car, a similar process of aging occurs in the body when cells are exposed to free radicals.
- This damage shortens the life of cells.

Vitamin E helps slow this aging process, reducing free radical damage.

VITAMIN E MAY ALSO HELP PEOPLE WITH HIGHER-RISK LIFESTYLES THAT INCREASE FREE RADICALS, SUCH AS:



Smoking cigarettes



High exposure to air pollution



High exposure to the sun's UV rays

VITAMIN E

DEFICIENCY

90% OF PEOPLE ARE DEFICIENT IN VITAMIN E

Vitamin E deficiencies can be risky, as they may cause nerve damage.

Overdosing on food-based vitamin E is highly unlikely, and there are no known risks associated with it in natural forms.



HOWEVER, HIGH DOSES OF VITAMIN E IN SUPPLEMENT FORM MAY:



Interrupt blood coagulation



Increase the risk of hemorrhagic stroke



Cause nausea, headache, fatigue and other symptoms

The American Heart Association recommends obtaining Vitamin E and other antioxidants in natural form by eating a well-balanced diet rich in fruits, vegetables and whole grains rather than by using supplements.



TYPE OF VITAMIN E	RECOMMENDED DAILY ALLOWANCE (RDA) IN INTERNATIONAL UNITS (IUS)
Natural form — d-alpha-tocopherol	22.4 IUs
Synthetic form — dl-alpha-tocopherol	33.3 IUs

SOURCES OF VITAMIN E

MANY FOODS MAKE FOR GOOD SOURCES OF NATURAL VITAMIN E, INCLUDING:



- Mango** 8% Daily Value (DV) per cup
- Tomato** 4% DV per medium tomato
- Kiwi** 6% DV per medium kiwi
- Leafy greens such as spinach and kale** 20% DV per cup
- Broccoli** 12% DV per cup
- Trout** 10% DV per filet
- Wheat germ oil** 100% DV per tablespoon
- Olive oil** 10% DV per tablespoon
- Avocado** 16% DV per cup
- Nuts such as peanuts, almonds and hazelnuts** 11%, 34% and 22%, respectively per ounce
- Sunflower seeds** 37% DV per ounce
- Butternut squash** 13% DV per cup

TO REALIZE THE BENEFITS OF NATURAL VITAMIN E, YOU CAN TRY:

- ★ Putting sliced avocado on sandwiches
- ★ Snacking on nuts and sunflower seeds
- ★ Cooking with vitamin E-rich cooking oil
- ★ Making a kale or spinach salad (maybe even toss in some hazelnuts)



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SOURCES: Healthline | International Food Information Council Foundation | My Food Data | National Institutes of Health | Prevention | WebMD | Food Insight