

VITAMIN E

FAT SOLUBLE VITAMIN THAT NATURALLY EXISTS IN EIGHT DIFFERENT FORMS

RDA

AGES	MALES	FEMALES	PREGNANCY	LACTATION
4- 8 YEARS	7 mg	7 mg		
9-13 YEARS	11 mg	11 mg		
14 + YEARS	15 mg	15 mg	15 mg	19 mg

FOOD SOURCES

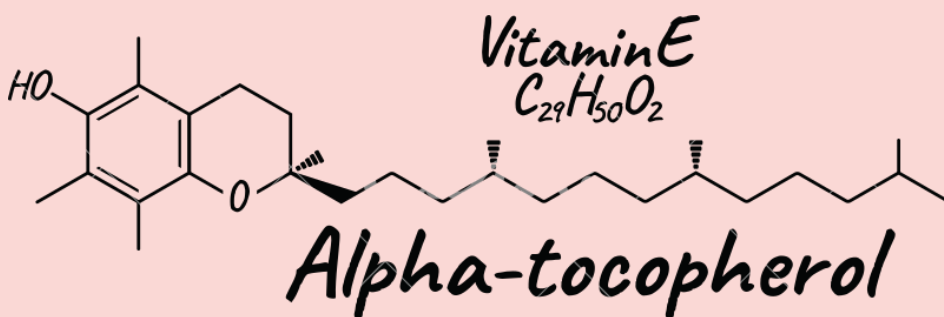
Food	mg/ serving	% daily value
Wheat germ oil, 1 tbsp	20.3 mg	135%
Almonds, 1 ounce	6.8 mg	45 %
Peanut butter, 2 tbsp	2.9 mg	19%
Kiwifruit ,1 medium	1.1 mg	7%

Benefits of vitamin E

- Antioxidant effects can help to prevent cancer
- Can help prevent age-related eye diseases
- Can help to slow down cognitive decline
- In the topical form, can reduce the look of scars & help with healing

Vitamin E deficiency

- Vitamin E deficiency is not common
- May be seen in premature infants
- May be seen in those with fat malabsorption, those who cannot properly absorb fat



Fun facts about vitamin E

- Helps with blood circulation
- Aids in the production of red blood cells
- Decrease the symptoms of premenstrual syndrome
- Strengthen the immune system