

Facts About Vitamin E

Vitamin E is a fat-soluble vitamin known primarily for its skin-enhancing and antioxidant properties. It is believed to strengthen the immune system and help fight disease, including certain forms of cancer. Women are particularly interested in facts about vitamin E because of its use in cosmetics and skin products, such as lotions, creams, and soaps. Alpha-tocopherol (or simply tocopherol) is the form of vitamin E that is most beneficial to humans. It can be obtained from dietary sources or taken as a supplement. However, vitamin E supplements may not be advisable for everyone, and doctor's advice is recommended before taking them. Your doctor can give you important facts about vitamin E and what it can do for you. Here are some basic facts about vitamin E, including its uses, sources, and recommended doses.

Uses of vitamin E One of the best known facts about vitamin E is its use as an antioxidant. Antioxidants help destroy free radicals - substances that cause cell damage and impair immune function. It also prevents stroke, artery blockage, and heart disease by blocking the conversion of fat into plaque and cholesterol. Vitamin E can strengthen the skin and make it less prone to UV damage and photodermatitis.

Sources of vitamin E Food sources of vitamin E include green leafy vegetables, nuts, eggs, liver, sunflower seeds, and various vegetable oils, particularly wheat germ oil. It is also available in supplement form, usually in tablets and capsules. Vitamin E deficiency is relatively rare, not everyone may need vitamin E supplements. Your doctor can give you basic facts about vitamin E supplements and whether you can benefit from them.

Recommended amounts For healthy adults, doctors recommend 400 to 800 international units (IU) per day. Ideal doses vary according to age and certain medical conditions:

Six months and below: 6 IU

Six months to one year: 9 IU

One to three years: 9 IU

Four to eight years: 10.5 IU

Nine to 13 years: 16.5 IU

14 to 18 years: 22.5 IU

Over 18 years: 22.5 IU

Pregnant women: 22.5 IU

Breastfeeding women: 28.5 IU

IMPORTANT: Some vitamin E supplements may contain additives that can be harmful to your health, such as sugar, starch, silica, and gluten. To stay safe, buy only supplements that are GMP-compliant. This ensures that the product passes strict quality standards and has no harmful chemicals. Also, make sure it does not contain any artificial colors and flavors.

About the Author

Certain vitamin supplements may shorten rather than prolong lifespan, research.

Source: <http://productsherbal.com>