

Vitamin E and Health

Vitamin E, a fat-soluble more easily absorbed when taken with fat-containing foods, occurs in eight forms. Alpha-tocopherol, the most active form, is a powerful bio-antioxidant in the human body. Alpha-tocopherol acetate (Vitamin E supplement) protects Alpha-tocopherol's ability to work as an antioxidant. This synthetic form is labeled ("D, L") while the natural form is labeled "D".

Positive Health Effects of Vitamin E Vitamin E helps to protect cells from damage done by free radicals (loose electrons), which could very well play a part in the development of heart disease and cancer. Vitamin E also improves immune function, repairs DNA, and aids in other metabolic processes. Vitamin E is present in some foods; in the United States these include vegetable oils, nuts, green leafy vegetables and fortified cereals. Wheat germ, sweet potatoes, avocados, spinach--both cooked and raw, broccoli, and some proteins such as eggs, canned tuna, and salmon are all sources of Vitamin E. The vitamin, to enhance the healing of skin wounds and help fight against environmental pollutants like cigarette smoke, is often taken together with vitamin C. Vitamin E also has chelating properties, meaning that it is capable of flushing toxic heavy metals like mercury from bodily tissues. Mercury is now present in almost all fish, so if fish is part of your diet, including this supplement might be worth thinking about. To conclude, some studies have said it can boost the immune system, offering elderly people protection against illness.

Things to Watch For Vitamin E deficiency, although very rare, occurs, especially in those who, because of low bile production, are unable to absorb fat, or those with other rare fat-metabolizing disorders. Signs of deficiency include neurological problems connected to nerve degeneration in the hands and the feet. One should consult with their physician to see if any of the above symptoms is a Vitamin E deficiency, or another possibly more serious condition. There is almost no information available on the safety of the long time use of Vitamin E.

More Things to watch For Because Vitamin E is a blood thinner, those people already taking blood-thinning tablets including aspirin, or prescription anticoagulants, should first talk with a physician before beginning supplementation with Vitamin E. Recommended Daily Allowance is set at 8 mgs per day for women and 10 mgs for men. Higher doses are often taken for therapeutic Vitamin E benefits. Unlike those of some other, fat-soluble vitamins, high doses of Vitamin E have resulted in no known toxic effects.

How to Select a Vitamin E Supplement

1. Vitamin E comes in four different types: alpha-tocopherol, beta-tocopherol, delta-tocopherol, and gamma-tocopherol. Alpha-tocopherol is the most effective form; this is because this form is best absorbed by the body.
2. Vitamin E works together with vitamin C, and also gives the mineral selenium better absorption. Because of this, taking a comprehensive formula that contains Vitamin E is better for you than taking it as a stand-alone vitamin supplement.
3. Because dietary supplements in the U.S. are unregulated, consumers have only a 1 in 5 chance of buying a product that contains the actual ingredients stated. People should, because of this industry-wide problem, choose a manufacturer that is pharmaceutical GMP compliant, and adhering to facilities comply with the world's most stringent standards for the manufacture of nutritional supplements, eliminating the possibility of harmful contaminants, and assuring you of getting are amount of ingredients you actually paid for. Be sure the product does not contain any fillers or additives (examples include: sugar, starch, gluten, silica (sand!) or any artificial colors or flavors of any kind. This way, you can be sure you are getting the t amount of Vitamin E you paid for, and that you don't end up with contaminated ingredients, which is a possibility sadly common in the industry now.

About the Author

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