

Known Vitamin E Benefits and Side Effects

Vitamin E is a fat soluble vitamin which means that it is more easily absorbed when taken with food with fat. There are eight forms of this vitamin, we will look at alpha-tocopherol, the most active form that is in the human body, and it is a powerful bio-antioxidant. Alpha-tocopherol acetate (vitamin E supplement) protects the ability to work as an antioxidant. This synthetic form is labeled ("D,L") while the natural form is labeled "D".

Vitamin E Benefits
Vitamin E helps to protect cells from damage done by free radicals (loose electrons) that can damage cells. It is entirely possible that free radicals may play a part in heart disease and cancer. Immune function is improved and it repairs DNA and also aids in other metabolic processes. It can be found in some foods and those most common in the United States include vegetable oils, nuts, green leafy vegetables and fortified cereals. It can be found in wheat germ, sweet potatoes, avocados, spinach, (cooked and raw), and broccoli. Vitamin E can also be found in some proteins such as eggs, canned tuna, and salmon. The vitamin is often taken together with vitamin C to make the healing of skin wounds easier and also to help fight against environmental pollutants, such as cigarette smoke. On top of this, this vitamin has the ability to pull out heavy metals that are toxins in the human body, such as mercury. 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 in elderly people, this offering protection against illness and helping the immune system fight off disease.

Vitamin E Deficiency
Vitamin E deficiency is very rare in humans but it does occur. Some instances where a deficiency may arise are in someone who is unable to absorb fat, because of low bile production, or those with rare fat metabolic disorders. Signs of deficiency include neurological problems that are 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.

Precautions
Vitamin E is a blood thinner, because of this, those people already taking blood thinning tablets, such as 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. There are no known toxic side effects with this vitamin, although there are with some other fat-soluble vitamins taken in high doses.

Choosing a Supplement – Vitamin E benefits
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.

Dietary supplements in the U.S. are unregulated and consumers have had only a 1 in 5 chance of buying a product that contains the actual ingredients stated. Because of this industry wide problem, people should choose a manufacturer that is pharmaceutical GMP compliant. These facilities comply with the most stringent manufacturing standards, to eliminate the possibility of harmful contaminants and to also make sure that you are getting the 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 correct amount of vitamin E you paid for, and that you don't end up with contaminated ingredients, which, is sadly common in the industry now.

About the Author

Vitamins and minerals, antioxidants, and immune booster supplements. Also offers.

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