

Vitamin E

Role

It is an antioxidant that protects Vitamin A and C, red blood cells and essential fatty acids from becoming destroyed. It also prevents cell membranes from being damaged.

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Vitamin E structure

Source

It can be found in natural or synthetic forms. It is found in vegetable oils, cereals, meat, poultry, eggs, fruits, vegetables, legumes, wheat germ oil and whole grain and is also available as a supplement.

Excess

There is an increased risk of bleeding especially in patients taking blood-thinning agents such as heparin, warfarin or aspirin, and in patients with vitamin K deficiency. It can also cause nausea and digestive tract disorders.

Deficiency

This is very rare and impossible to produce without starvation. It generally occurs in infants and people unable to absorb fats.

Links

Related articles

- Fat Soluble Vitamins
- Water Soluble Vitamins

External links

1. Cystic Fibrosis (<http://cysticfibrosis.about.com/od/cysticfibrosis101/f/vitamins.htm>)
2. Medicinenet (<http://www.medicinenet.com/script/main/art.asp?articlekey=10736>)
3. [1] (<http://www.ext.colostate.edu/pubs/foodnut/09315.html>)
4. [2] (<http://www.nlm.nih.gov/medlineplus/ency/article/002399.htm>)
5. Vitamin A (<http://ods.od.nih.gov/factsheets/vitamina>)
6. Mayo Clinic (http://www.mayoclinic.com/health/vitamin-a/NS_patient-vitamina)
7. Vitamin D (<http://ods.od.nih.gov/factsheets/vitamind>)
8. Vitamin D (<http://health.nytimes.com/health/guides/nutrition/vitamin-d/overview.html>)
9. Vitamins Supplements (<http://www.webmd.com/vitamins-supplements/ingredientmono-954-VITAMIN%20E.aspx?activeIngredientId=954&activeIngredientName=VITAMIN%20E>)

Bibliography

- BENCKO, Vladimir, et al. *Hygiene and epidemiology : selected chapters*. 2. edition. Prague. 2008. ISBN 80-246-0793-X.