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# Vitamin E Supplements

Vitamin E is a fat-soluble vitamin found in fats and oils. Synthetic versions also exist. The vitamin E compound that is most useful in the body is called alpha-tocopherol. This is also the most common form of vitamin E. It can occur naturally or be synthetic. Ask your healthcare provider whether you should be taking a vitamin E supplement.

## Why use a supplement?

It is best to eat a healthy diet to provide all the nutrients your body needs. But food sources of vitamin E are very high in fat. As a result, getting the suggested daily value is hard if you eat a very low-fat diet. Also, the amount of this vitamin that you actually get is reduced when foods are cooked. Your healthcare provider may advise you to take a vitamin E supplement if you eat a very low-fat diet or small amounts of food.

## If you take vitamin E

Here are some tips to help you get the most from a vitamin E supplement:

- Choose a product with the form of vitamin E known as alpha-tocopherol.
- Read the label to be sure the product will not expire soon.
- Store the supplement in a cool, dry place, away from sun and heat.
- Don't take large doses of vitamin E (more than 400 IU per day). Taking more than the suggested amount of vitamin E may be harmful. This is especially true if you take a blood thinner, such as warfarin or aspirin.

## Food sources of vitamin E

Vitamin E is found only in the oils of foods that come from plants. Some good sources include:

- Vegetable oils and margarine made from corn, safflower, and soybean
- Nuts, such as almonds, Brazil nuts, hazelnuts, peanuts, and soy nuts
- Sunflower seeds
- Avocados, mangoes, and papayas
- Wheat germ, whole-wheat foods, brown rice, and oat bran
- Cereals with vitamin E added