VITAMIN E BASICS
Also known as: Tocopherols and tocotrienols
Important for: Healthy tissue, healthy organs, healthy cells, blood flow, fertility
Animal Sources: Milk, butter, eggs
Grain/Fruit/Vegetable Sources: Vegetable oils (olive, soya bean, palm, corn, safflower, sunflower, etc.), nuts, whole grains, wheat germ, vegetables (spinach, lettuce, cabbage, avocados)

OVERVIEW
Vitamin E functions as an antioxidant, protecting cells, tissues and organs from damage. It also contributes to healthy blood flow by regulating the opening of blood vessels and preventing cholesterol from building up on blood vessel walls. It is a fat soluble vitamin.

DISCOVERY AND HISTORY
In 1911, a scientist first reported a suspected “anti-sterility factor” in animals. Eleven years later, vitamin E was discovered (1922) and then isolated in 1936. However, it wasn’t until 1968 that the Food and Nutrition Board of the US National Research Council finally recognized vitamin E as an essential nutrient for humans.

VITAMIN E DEFICIENCY
As a fat soluble vitamin, vitamin E is stored in various tissues. Depletion of these stores takes a long time, so deficiency symptoms have not been noted in otherwise healthy adults. However, it is difficult to get the recommended daily amount of vitamin E through diet. Symptoms of vitamin E deficiency include:

- Muscle weakness
- Loss of muscle mass
- Abnormal eye movements
- Impaired vision
- Unsteady gait
- Damaged red blood cells
- Impaired immune function
- Neuromuscular diseases
- Poor liver and kidney function
- Serial miscarriages
- Premature childbirth

POPULATIONS AT RISK OF VITAMIN E DEFICIENCY
- Newborns
- Premature babies
- People unable to absorb fat from the intestine