



Multi-Talented Vitamin E

This Vitamin is a **potent anti-oxidant!** It helps protect cell fatty membranes from free radical attacks by scavenging the free radicals that would otherwise damage the cells. Vitamin E is fat soluble, so caution with total dose must be observed. It stays in the body for a long time (half-life) and is broken down primarily by the liver. It does not easily cross into the brain despite the fact that it is fat soluble.

Vitamin E has been shown to be beneficial in **heart disease** in some studies, and not beneficial in others - the jury is still out. It has been reported useful in movement disorders, leg pain on walking (claudication), and **PMS** (Pre-menstrual syndrome), and with breast tenderness. People with elevated blood levels have been shown to have less **Alzheimer's' disease**, and slower progression in those that already had it !

Studies: One Austrian study showed that low levels lead to a decline in cognitive (intellectual) functioning. One study of Alzheimer's that was double blinded showed slower progression to nursing home placement than the control group. Two studies in the New England Journal of Medicine in 1993 showed marked benefit in reducing cardiovascular risk!

Side effects: Minimal - this vitamin is very safe despite the fact that it is fat soluble. Some people may have mild nausea, diarrhea, or fatigue when they start taking it - start low and slowly increase the dose. Caution with higher doses (over 800 mg.) must be maintained as Vitamin E can affect the blood clotting system - caution is especially important if you take blood thinners (coumadin) - make sure you let your doctor know when you will start taking vit E so your Prothrombin time may be monitored, or you may be at risk for increased bleeding! Vit E will not affect platelet function, so aspirin and other blood thinners (Plavix, etc.) that alter platelet function should not be affected.

Common Doses: The RDI is 22 IU. Common dosages are 400-800 IU one or two times daily. You want to use the **NATURAL d-alpha-tocopherol form**, which is the only one found naturally in food, and the only form that can be used by the body! **The study mentioned above for Alzheimer's disease was with 1,000 IU twice daily.**

Summary: Vitamin E is a cheap supplement with few side effects. Even though its effect on memory seems to be mild, the low cost and relative lack of side effects is well worth daily use to find help for memory disorders! Further, it helps some women who have breast tenderness, and there are numerous beneficial studies in **heart disease** - both in lowering elevated lipid levels, and

in preventing free radical damage of artery walls and subsequent cholesterol plaque build-up!

References:

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