

VITAMIN E (α -TOCOPHEROL)



MAIN FUNCTIONS

- Boosts antioxidant defense
- Protects cell membranes
- Enhances immune function

DAILY RECOMMENDATION

15
mg

All Adults

GOOD SOURCES

Vegetable Oil

- Sunflower Oil, 1 tablespoon, 5.6 mg



mg = milligrams

Nuts

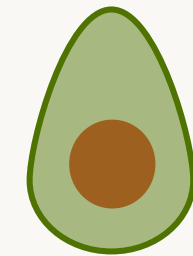
hazelnuts • peanuts

- Almonds, 1 ounce (23 almonds), 7.3 mg



Avocado

- Avocado, 1 medium-sized, 2.7 mg



SPECIAL NOTES

- The term “vitamin E” actually refers to a family of eight compounds. α -Tocopherol is the most active vitamin E compound.
- More than 90% of Americans do not meet the dietary requirement for vitamin E.
- Synthetic vitamin E (in supplements and fortified food) is less bioavailable than naturally occurring vitamin E from food.