
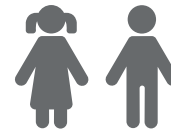





VITAMIN E

NUTRITIONAL REQUIREMENTS

	0 - 3 years old	4 - 6 mg/day
	4 - 18 years old	7 - 15 mg/day
	+19 years old	15 mg/day
	all ages	15 mg/day
	all ages	19 mg/day

Vitamin E is a **fat-soluble vitamin** found naturally in some foods and that can also be consumed through food supplements. It is known for its **antioxidant power**, which protects cells from free radicals, and for being involved in the **proper functioning of the immune system**.

SUPPLEMENTATION

- The recommendation is **easily attained from food sources**, but if supplementation is required, one should not exceed 150 mg per day.
- Supplements **should be taken with a higher fat meal**, such as lunch or dinner, to facilitate absorption.

FOOD SOURCES



Sunflower seed
¼ of a cup
(33 g) 12 mg



Sunflower oil
1 tablespoons
(14 ml) 5,7 mg



Wheat germ
2 tablespoons
(20 g) 4,5 mg



Peanut butter
1 tablespoon
(16 g) 1,45 mg



Sauteed broccoli
5 tablespoons
(50 g) 1,2 mg

SIGNS OF DEFICIENCY

Vitamin E deficiency is rare, but can occur in people with **absorption problems in the gastrointestinal tract**. The most common symptoms include: impaired immune system, peripheral neuropathy (pain, decreased reflexes, and muscle weakness), lack of movement coordination (ataxia), and retinal (eye) damage.