



Vitamin E

What it Does

- Antioxidant
- May help immunity, heart, memory, and dementia

Food Sources

- Broccoli
- Canola oil
- Corn
- Corn oil/margarine
- Fortified cereals
- Nuts



Recommendations

- Typical foods have many healthy forms of vitamin E, but provide only about half of the minimum needed
- Most multivitamins provide about 30 IU
- Additional health benefits may come from supplements of 200 IU to 400 IU daily
- Choose the “d alpha” form, which the body easily uses
- Do not exceed 1,000 IU daily