



VITAMIN E

Vitamin E was discovered in the 1920s but only now are we appreciating it. It is a fat soluble vitamin composed of eight tocopherols, alpha tocopherol being the most effective. Unlike other fat soluble vitamins, vitamin E is only stored within the body for a relatively short time and therefore a regular supply is advisable.



The Benefits of Vitamin E

Antioxidant - Vitamin E is important as a protective measure against free radicals by scavenging free radicals before they attack cells and by concentrating in the cell membranes to protect against free radical attack.

Blood circulation - has been shown to be beneficial in cases where there is an inadequate supply of blood to the calf muscles which causes debilitating pain.

Blood clots - may prevent and dissolve blood clots.

Endurance - has been shown to alleviate fatigue and supply oxygen to the body to give a greater endurance.

Healing - it can prevent thick scar formation and accelerate the healing of burns.

Blood pressure - vitamin E has been shown to reduce blood pressure.

Heart disease - recent studies have shown that vitamin E supplementation significantly lowers the risk of heart disease for example the Cambridge Heart Antioxidant Study found evidence to support the use of alpha-tocopherol in preventing non fatal myocardial infarction (heart attacks) in patients with angina and coronary atherosclerosis.



Properties

Vitamin E is the most powerful antioxidant vitamin but in addition to this it is also involved in:

Cell respiration - maximises the availability of oxygen to organs and muscles.

Reproduction - essential for a healthy reproductive system.

Amino acids - maintains sulphur containing amino acids.

Skin - helps with condition and regeneration.

Vitamin A - enhances vitamin A activity.



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