

Importance Of Vitamin E

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Introduction

In this introductory description of vitamin E, it is also worth mentioning the unusually confusing nature of its units of measurement. There is really no such thing as "milligrams of vitamin E" since this description fails to explain what forms of the vitamin were considered when making the determination. As mentioned earlier, our website chart present vitamin E data in terms of "mg ATE" which stands for "milligrams of alpha-tocopherol equivalents." However, other types of equivalents can be used in presenting vitamin E data. For example, equivalents of d-alpha-tocopheryl acetate and equivalents of d-alpha-tocopheryl succinate can be used. (These two chelated, synthetic forms of vitamin E are frequently found in dietary supplements due to their longer shelf life).

Vitamin E is a blanket term for eight different naturally occurring nutrients—four different tocopherols and four different tocotrienols. Each of these vitamin E types is considered a fat-soluble antioxidant, and all eight are found in varying degrees in our daily diet. You may sometimes hear all eight molecules being referred to collectively as "tocochromanols."

The most famous of the vitamin E group is alpha-tocopherol. Both with respect to diet and high-dose supplementation, it is among the most intensely studied of nutrients. This is because its ability to help prevent free radical damage is well documented. Public health recommendations for vitamin E are typically measured in milligram equivalents of alpha-tocopherol equivalents, or mg ATE. You will find this abbreviation being used throughout our live website charts.

Discussion

However, despite the current prominence of alpha-tocopherol in public health recommendations and nutrition research, scientists are also interested

in potential health benefits associated with lesser studied members of the vitamin E family, especially the tocotrienols. Like tocopherols (including alpha-tocopherol), tocotrienols are naturally occurring forms of vitamin E. Since they cannot be converted by humans into alpha-tocopherol, the tocotrienols are not considered relevant in meeting vitamin E needs. However, preliminary studies suggest that tocotrienols can provide us with health benefits in a way that is distinct from alpha-tocopherol, as well as other tocopherols. We look forward to future research in this area.

While many of the World's Healthiest Foods are rich in vitamin E, we see that average U.S. adults fail to come close to a minimal requirement for this important nutrient. Below, we'll give you some guidance to help you chose foods rich in vitamin E that will better help you meet your daily needs.

You'll have a number of foods to choose from to build a menu that is rich in vitamin E. We list seven of the World's Healthiest Foods as excellent sources of vitamin E. Another six foods rate as very good sources, while twelve foods are listed as good.

Vitamin E helps in boosting your immunity, maintaining a youthful glow by warding off free radicals, and also offering sun-protection.

Conclusion

"Scientists have also found vitamin E beneficial in slowing Alzheimer's progression as well as treating conditions like cataract, asthma, skin issues, ageing, respiratory infections and so on due to its significant anti-inflammatory properties".

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