VITAMIN E (α-TOCOPHEROL)

MAIN FUNCTIONS

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

GOOD SOURCES

<table>
<thead>
<tr>
<th>Vegetable Oil</th>
<th>Nuts</th>
<th>Avocado</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sunflower Oil, 1 tablespoon, 5.6 mg</td>
<td>Hazelnuts • Peanuts</td>
<td>Avocado, 1 medium-sized, 2.7 mg</td>
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<tr>
<td></td>
<td>Almonds, 1 ounce (23 almonds), 7.3 mg</td>
<td></td>
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</tbody>
</table>

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.

DAILY RECOMMENDATION

15 mg

All Adults

mg = milligrams