

# The emerging benefits of vitamin E

## Benefit areas in nutritional range



**Asthma**  
Increased dietary vitamin E intake is associated with a reduced incidence of asthma.



**Fertility**  
Vitamin E is essential to healthy fertility. Studies have shown that vitamin E increases sperm health and reduces the risk of miscarriage.



**Prostate cancer**  
Epidemiological studies have consistently associated good vitamin E status with a reduced risk of prostate cancer.

### Vitamin E

Is an antioxidant that occurs naturally in foods such as nuts, seeds and leafy green vegetables. Vitamin E is a fat-soluble vitamin important for many processes in the body. It is used to treat or prevent vitamin E deficiency. People with certain diseases may need extra vitamin E.

## Emerging role at higher dose



**Air pollution**  
Increased intake of antioxidants such as vitamin E may reduce the damage induced by air pollution.



**Age-related macular degeneration (amd)** Studies suggest that vitamin E helps reduce the risk of cataracts and macular degeneration.



**Fatty liver disease**  
New research suggests that vitamin E plays a role in treating a fatty liver.



**Alzheimer's disease**  
A daily dose of vitamin E may help to slow functional decline for patients with mild to moderate Alzheimer's disease.

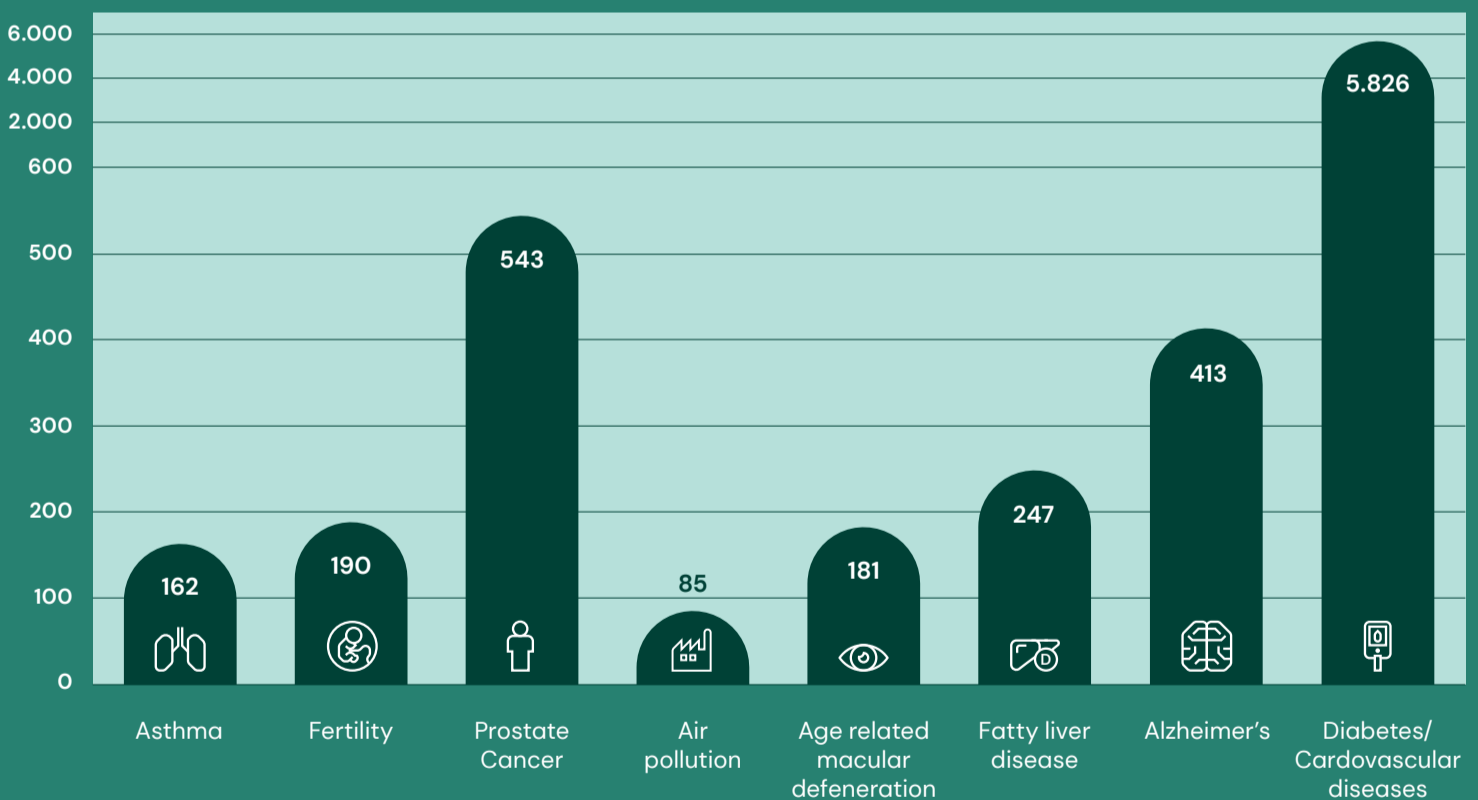


**Diabetes/cardiovascular disease**  
Vitamin E helps reduce cardiovascular disease in individuals with diabetes type 2.

## Vitamin E science on the rise

The number of publications per benefit area is considerable and shows the importance of vitamin E for health and beyond. There are many more uses of **vitamin E that science is only beginning to investigate.**

A good indicator of scientific activity is the number of scientific papers. The ones on vitamin E are on the rise and in 2010 more than 1300 human studies were registered, many of them using products out of the DMS portfolio. Source: PubMed, June 2014



## 3 Simple ways to keep up your vitamin E status

- 1 Foods**  
A mixture of vitamin E isomers is found in some foods such as nuts, seeds and vegetable oils. Vegetable oils are among the best sources.
- 2 Fortified foods/multi-vitamines**  
It is difficult to obtain the recommended daily intake by foods only, without consuming a large amount of oil at the same time. In its place you may consider fortified foods such as vitamin E fortified cereals and dairy products or a multi-vitamin.
- 3 Supplements**  
Emerging science suggests that vitamin E in higher doses holds the promise for roles beyond essentiality for selected individuals and population groups. Ask your physician or health care provider for advice.