

Health Minute

To E or not to E, that is the question...

For some time, it was believed that high doses of vitamin E could prevent heart disease. Several recent studies have shown exactly the opposite. Johns-Hopkins Hospital scientists found that people who took more than 400 IU of vitamin E daily were more likely to die from all causes, not just heart disease. In another study, women took 600 IU of vitamin E or placebo and were followed for more than 10 years. At the end of the study, the women in the vitamin E group showed no health benefit. Because of these and other similar studies, the American Heart Association does not endorse high-dose (more than 400 IU) Vitamin E supplements. More research is on the way but for now the best way to get your E is from a diet rich from nuts, oils, and green leafy vegetables.

Foods highest in Vitamin E	Did you know?
Wheat germ oil Dried almonds Sunflower seeds Tomato paste Spinach	The USRDA for vitamin E is only 15 mg (22.5 IU) Most Americans only consume 7 – 9 mg (13.5 IU) of Vitamin E daily If you think you need a Vitamin E supplement, make sure you discuss it with all of your health care providers.