

Food Sources:

Vitamin E

Vitamin E refers to a family of eight, fat-soluble nutrient compounds. One of these, called alpha-tocopherol, is naturally found in food and is preferentially used by the body.

Vitamin E is an antioxidant which also supports the immune system, protects the lining of blood vessels, and positively influences several metabolic processes in the body.^{1,2} Nuts, seeds, vegetable oils, and leafy greens contain vitamin E. Some food products contain vitamin E as a preservative and it can also be consumed via supplements.

Vitamin E toxicity from food is very unlikely. Higher doses from supplements may increase the risk of bleeding. Talk to your functional medicine practitioner about any questions or concerns you may have about vitamin E supplementation.

The Recommended Dietary Allowances (RDAs) for vitamin E, as alpha-tocopherol, are as follows:

- **Adults, ages 14+:** 15 milligrams (mg) per day
- **Pregnancy:** 15 mg per day
- **Lactation:** 19 mg per day

Food, standard serving size	Vitamin E Content (in milligrams)
Sunflower seeds, 1 ounce	7.4
Almonds, 1 ounce	7.3
Sunflower oil, 1 tablespoon	5.6
Hazelnuts, 1 ounce	4.3
Peanut butter, 2 tablespoons	3.2
Dried apricots, ½ cup	2.8
Peanuts, 1 ounce	2.4
Olive oil, 1 tablespoon	1.9
Spinach, ½ cup cooked	1.9
Sardines, 3 ounces	1.7
Broccoli, ½ cup cooked	1.1
Kiwi, 1 medium	1.1

REFERENCES

1. Oregon State University, Linus Pauling Institute. Micronutrient Information Center. Vitamin E. <https://lpi.oregonstate.edu/mic/vitamins/vitamin-E>. Updated October 2015. Accessed March 20, 2020.
2. U.S. Department of Health and Human Services, National Institutes of Health, Office of Dietary Supplements. Vitamin E. <https://ods.od.nih.gov/factsheets/VitaminE-HealthProfessional/>. Updated February 2020. Accessed March 20, 2020.
3. U.S. Department of Agriculture, Agricultural Research Service. FoodData Central. fdc.nal.usda.gov. Accessed March 23, 2020.

