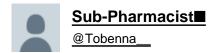
Twitter Thread by <u>Sub-Pharmacist</u> ■





18 Interesting Things About Vitamin E you should know

- 1. Vitamin E is also known as "Tocopherol".
- 2. Taking vitamin E by mouth will help reduce anxiety, depression and cravings in some women with PMS (Premenstrual syndrome).

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- 3. It increases the level of testosterone as such increases sex drive.
- 4. The required daily intake (RDA) of vitamin E is 15mg(22 IU) for both man and woman.

- 5. In men, vitamin E increases sperm count and sperm motility. Also, taking it by mouth improves pregnancy rates for men with fertility problems.
- 6. DO NOT CRUSH OR CHEW VITAMIN E CAPSULES.
- 7. Taking vitamin E together with vit C can help improve vision.
- 8. It has antioxidant properties and helps the nerves work well.
- 9. You can be allergic to it and toxity due to overdosage of vitamin E is possible.
- 10. The side effects of vitamin E are rare but they include
- -Nausea
- -Diarrhea
- 11. It is a fat soluble vitamin.
- 12. In older people, it can help strengthen the muscles and boost physical strength.
- 13. Taking vitamin E 2days before menstruation starts can help decrease pain and reduce menstrual blood loss.
- 14. Vitamin E increases the effects and side effects of cyclosporine as such should not be taken with it.
- 15. Vitamin E also increase the rate at which the liver breaks down certain drugs as such consult your healthcare provider if you are to take vitamin E with any other drug.
- 16. Vitamin E should not be taken together with drugs meant to lower cholesterol level.
- 17. Vitamin E (especially high dose) should not be taken together with Aspirin, Warfarin, Ibuprofen, diclofenac. This is because vitamin E can interfere with blood clotting as such can lead to easy bruising and bleeding when taken with those drugs which act as a blood thinner.
- 18. About the conversion of vitamin E from (IU) to mg
- 1 IU of the natural form is equivalent to 0.67mg of alpha- tocopherol(vit E).

Therefore, converting the required IU value of 22 IU to mg is equivalent to 15mg.

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Natural sources of vitamin E include

Avocado, soybean oil, peanuts, spinach, almonds and mango.