

Vitamin E Found To Be Safe, Even At High Doses

By Michael Mooney, November, 2013.

In a review published in the September, 2013 issue of the [Journal of Lipid Research](#), vitamin E expert and Oregon State University College of Public Health and Human Sciences Professor Maret Traber confirmed that consuming high doses of vitamin E (d-alpha tocopherol) shouldn't be a cause for concern, because the body easily handles doses that were previously suspected of producing toxicity.¹

Professor Traber is considered to be one of the world's foremost authorities on vitamin E, having published over 150 studies on the antioxidant nutrient.

"Unlike vitamins A and D, alpha-tocopherol (which is also a fat-soluble vitamin) does not accumulate to 'toxic' levels in the liver or extra-hepatic tissues," writes Dr. Traber in her introduction to the article.

"Indeed, when toxicologists searched for evidence of adverse effects of excess alpha-tocopherol, the only consistent finding was the observation that vitamin E caused increased bleeding tendencies, likely as a result of interference with vitamin K status. But no research has found this poses a health risk. Since two systems in the liver work to control the level of vitamin E in the body and routinely excrete excessive amounts, it is almost impossible to take a potentially harmful amount."²

"Toxic levels of vitamin E in the body simply do not occur," Dr. Traber noted.

Once the two systems in the liver that control the level of vitamin E in the body remove excessive amounts, the vitamin is secreted into the blood stream to be delivered to the body's tissues, where it is beneficial as a protective antioxidant.

"I believe that past studies which have alleged adverse consequences from vitamin E have misinterpreted the data," she remarked. "Taking too much vitamin E is not the real concern."

"A much more important issue is that more than 90 percent of people in the U.S. have inadequate levels of vitamin E in their diet."³

Since vitamin E acts as a protective antioxidant, it's wise to take supplemental vitamin E for optimal protection from premature aging, which is unnecessary damage to cells that can result in health concerns, such as inflammation of artery walls and the premature aging of skin.

My favorite supplemental vitamin E product is "Unique E," by A.C. Grace Company.

While each capsule gives you 400 IU of d-alpha tocopherol, which is cardio-protective,⁴ they also contain a balance of the other natural tocopherols, including 300 mg. of d-gamma tocopherol, which has its own unique protective effects, especially protecting the prostate.⁵

The recommended dosing for Unique E, according to [David Getoff, N.D.](#), is 400 IU (1 capsule) per 60 pounds of bodyweight, which can be taken once per day, because, as an oil-soluble vitamin, it lasts a long time in the body.⁶

¹ [Traber MG. Mechanisms for the prevention of vitamin E excess. J Lipid Res. 2013 Sep;54\(9\):2295-306. Doi: 10.1.1194/jlr.R032946. Epub 2013 Mar 15.](#)

² <http://www.nutri-facts.org/eng/expert-opinion/detail/backPid/598/article/is-an-excessive-intake-of-vitamin-e-harmful/>

³ [Fulgoni V. L. III et al. Foods, Fortificants, and Supplements: Where Do Americans Get Their Nutrients? 1,2,3 J Nutr. 2011 Oct;141\(10\):1847-54. doi: 10.3945/jn.111.142257. Epub 2011 Aug 24.](#)

⁴ [Lin G et al. Cardioprotective effect of alpha-tocopherol, ascorbate, deferoxamine, and deferiprone: mitochondrial function in cultured, iron-loaded heart cells. J Lab Clin Med. 1999 Feb;133\(2\):179-88.](#)

⁵ [Helzlsouer KJ et al. Association Between \$\alpha\$ -Tocopherol, \$\gamma\$ -Tocopherol, Selenium, and Subsequent Prostate Cancer. J Natl Cancer Inst \(2000\) 92\(24\):2018-2023](#)

⁶ [Colburn WA, Ehrenkranz RA. Pharmacokinetics of a single intramuscular injection of vitamin E to premature neonates. Pediatr Pharmacol \(New York\). 1983;3\(1\):7-14.](#)