Twitter Thread by Sub-Pharmacist■

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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.