

health hints

Vitamin E: Multiple Benefits



(NAPSA)—An antioxidant that offers many health benefits, vitamin E is an essential nutrient, and most Americans do not get enough. Research shows that vitamin E is a real multi-tasker when it comes to health. It's been shown to help strengthen the body's immune and cognitive functions and also protect the eyes, lungs and heart. In addition, vitamin E shows promise in protecting against some cancers.

Numerous scientific studies have been published in support of vitamin E's benefits. A recent study from Tufts University found vitamin E could help fight upper respiratory infections. Another study, from Harvard, found vitamin E may help prevent Lou Gehrig's Disease. Other research reveals that vitamin E may help lower the risk of developing cataracts, lung cancer or Alzheimer's disease. Also, the National Cancer Institute is now studying the effect of vitamin E in reducing the risk of prostate cancer.

"There are many studies providing numerous reasons to incorporate vitamin E supplements into your nutrition program," says Annette Dickinson, Ph.D., consultant and past president of the Council for Responsible Nutrition. Dr. Dickinson says vitamin E is found in nuts, leafy vegetables and fortified cereals, but most people do not get enough vitamin E from diet alone. Supplements are a convenient, inexpensive way to fill nutritional gaps. For more information about vitamin E and other dietary supplements, visit www.crnusa.org.