

Vitamin E Is Safe

Vitamin E is safe and offers many health benefits. Numerous clinical studies support vitamin E's role in cardiovascular health, immune function, and antioxidant protection.

The Institute of Medicine reviewed 340 peer-reviewed scientific studies and references on vitamin E and concluded that vitamin E is safe at levels as high as 1500 IU per day for natural vitamin E, or 1000 IU of synthetic vitamin E. Your safety is also assured because the manufacturing, labeling, health claims, and advertising of vitamin E are regulated by the Food & Drug Administration, and the Federal Trade Commission.

Recently, you may have read about a study saying that taking more than 400 IU of vitamin E per day increased the risk of all-cause mortality. However, the authors of the study also concluded that because the research was often done in patients with chronic disease, "the generalizability of the findings to healthy adults is uncertain." In fact, the general public can safely continue to use the same levels of vitamin E they have been using—or to add a multivitamin or a vitamin E supplement to their daily regimen, if they were not already doing so.

Overwhelming evidence supports that vitamin E is safe when taken as recommended and has proven health benefits.

For more information on the safety of vitamin E, go to www.crnusa.org.

With regard to recent headlines:

"The press was over-the-top on the reporting of the results from this one limited study versus the vast and well-established clinical science that exists on the safety and benefits of vitamin E."

*Kevin Maki, PhD
President, Provident Clinical Research*

"It was a backward-looking analysis that combined numerous trials with different types of patients, including many who already had chronic ailments such as heart disease."

*Eric Klein, MD
Cleveland Clinic Foundation
Urological Institute*

"...they also selected not to employ a vast number of studies that show no harm from vitamin E and a great deal of benefit."

*Jeffrey Blumberg, PhD
Associate Director
Tufts University
Human Nutrition Research on Aging*

"I recommend vitamin E to my patients, and I will continue to do so."

*Mary Hardy, MD
Associate Director
Botanical Research Center
Center for Human Nutrition, UCLA*

Vitamin E is safe and beneficial.

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