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2. Vitamin e

Vitamin E

Generic name: vitamin E [*VYE-ta-min-E*]**Brand names:** Aqua-E, Aqua-E Concentrate, [Aquasol E](#), Aquavite-E, Aqueous Vitamin E, ... [show all 8 brands](#)**Dosage forms:** oral capsule (100 intl units; 1000 intl units; 180 mg; 200 intl units; 33.5 mg; 400 intl units; 90 mg; dl-alpha 400 intl units; dl-alpha 1000 intl units; with mixed tocopherols 1000 intl units; with mixed tocopherols 200 intl units; with mixed tocopherols 400 intl units), ...[show all 6 dosage forms](#)**Drug class:** [Vitamins](#)Medically reviewed by [Sophia Entringer, PharmD](#). Last updated on Oct 27, 2023.[Uses](#) [Side effects](#) [Warnings](#) [Before taking](#) [Dosage](#) [Interactions](#) [FAQ](#)

What is vitamin E?

Vitamin E is an antioxidant that occurs naturally in foods such as vegetable oils, wheat germ oil, cereals, meat, poultry, eggs, fruits, and vegetables. Vitamin E is also known as All Rac-Alpha-Tocopherol, D-Alpha Tocopheryl Succinate, D-Alpha Tocopheryl Acetate, and other names.

Vitamin E is likely effective in alternative medicine as an aid in treating a condition that affects movement and motor control (ataxia with [vitamin E deficiency](#)) caused by very low vitamin E levels in the blood and to treat and prevent vitamin E deficiency.

Vitamin E has been used in alternative medicine as a possibly effective aid in treating Alzheimer disease, beta-[thalassemia](#), menstrual pain, [glucose](#)-6-phosphate dehydrogenase deficiency, nonalcoholic fatty [liver disease](#), nitrate tolerance, [premenstrual syndrome](#), reducing the risk for bleeding into the brain or inside the skull, and improving symptoms in people with a movement disorder ([tardive dyskinesia](#)).

Vitamin E has also been used to treat or prevent [macular degeneration](#) (age-related vision loss), a nerve-muscle disorder (ALS, [Lou Gehrig's disease](#)), [hardening of the arteries](#) ([atherosclerosis](#)), [atopic dermatitis](#) ([eczema](#)), cataracts, [high blood pressure](#), liver disease, [parkinson's disease](#), pre-eclampsia, scarring caused by [surgery](#), and pain or stiffness caused by [osteoarthritis](#). However, research has shown that vitamin E may not be effective in treating these conditions.

Other uses not proven with research have included [asthma](#), [dementia](#), [depression](#), [diabetes](#), [Down syndrome](#), infertility, [inflammatory bowel disease](#), menopausal symptoms, [muscular dystrophy](#), [obesity](#), [osteoporosis](#), low bone mineral density ([osteopenia](#)), [restless legs syndrome](#), [rheumatoid arthritis](#), [schizophrenia](#), [stroke](#), [sunburn](#), and [uveitis](#).

It is not certain whether vitamin E is effective in treating any medical condition. Medicinal use of this product has not been approved by the FDA. Vitamin E should not be used in place of medication prescribed for you by your doctor.

Vitamin E is often sold as an herbal supplement. There are no regulated manufacturing standards in place for many herbal compounds and some marketed supplements have been found to be contaminated with toxic metals or other drugs. Herbal/health supplements should be purchased from a reliable source to minimize the risk of contamination.

Vitamin E side effects

Get emergency medical help if you have **signs of an allergic reaction to vitamin E**: hives, difficult breathing, swelling of your face, lips, tongue, or throat.

Using high doses might increase the risk of certain side effects.

Vitamin E may cause serious side effects. Call your doctor at once if you have:

- easy bruising or bleeding (nosebleeds, bleeding gums), abnormal vaginal bleeding, any bleeding that will not stop;
- **heart problems** - swelling, rapid weight gain, feeling short of breath;
- **heart attack symptoms** - chest pain or pressure, pain spreading to your jaw or shoulder, [nausea](#), [sweating](#); or
- **bleeding in your brain** - sudden weakness (especially on one side of the body), severe [headache](#), problems with speech or vision.

Common vitamin E side effects may include:

- nausea;
- bleeding;
- feeling tired; or
- headache.

This is not a complete list of side effects and others may occur. Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

 [Vitamin e side effects](#) (more detail)

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Warnings

Avoid taking other vitamins, mineral supplements, or nutritional products without your doctor's advice.

If you also take orlistat (alli, Xenical), do not take it within 2 hours before or 2 hours after you take vitamin E.

Before taking this medicine

Ask a doctor, pharmacist, or other healthcare provider if it is safe for you to use this product if you have or have ever had:

- bleeding problems;
- an eye disorder called [retinitis pigmentosa](#);
- a [vitamin K deficiency](#);
- diabetes;
- osteoporosis or low bone mineral density;
- [heart disease](#);
- [cancer](#);
- a stroke; or
- kidney disease.

Ask a doctor before using this product if you are pregnant or breastfeeding. Your dose needs may be different during pregnancy or while you are breastfeeding.

Do not give vitamin E to a child without medical advice.

 [Vitamin e pregnancy and breastfeeding warnings](#) (more detail)

How should I use vitamin E?

When considering the use of vitamin E, seek the advice of your doctor. You may also consider consulting a practitioner

who is trained in the use of herbal/health supplements.

If you choose to use vitamin E, use it as directed on the package or as directed by your doctor, pharmacist, or other healthcare provider. Do not use more of this product than is recommended on the label.

If you need surgery, [dental](#) work, or a medical procedure, stop using vitamin E at least 2 weeks ahead of time.

Call your doctor if the condition you are treating with vitamin E does not improve, or if it gets worse while using this product.

Store **oil**, **tablets**, and **capsules** at room temperature away from moisture and heat.

Store the **liquid medicine** in the original container in the refrigerator after opening.

Vitamin E dosing information

Usual Adult Dose for Vitamin E Deficiency:

Abetalipoproteinemia: approximately 100 mg/kg or 5 to 10 grams alpha-tocopherol per day

Usual Adult Dose for Dietary Supplement:

US Recommended Dietary Allowance (RDA): 15 mg alpha-tocopherol (22.4 international units [IU])

Tolerable Upper Intake Level (UL): 1000 mg alpha-tocopherol (1500 IU).

Usual Pediatric Dose for Dietary Supplement:

US Recommended Dietary Allowance (RDA):

0 to 6 months: 4 mg alpha-tocopherol (6 international units [IU])

7 to 12 months: 5 mg alpha-tocopherol (7.5 IU)

1 to 3 years: 6 mg alpha-tocopherol (9 IU)

Tolerable Upper Intake Level (UL): 300 mg alpha-tocopherol (450 IU)

4 to 8 years: 7 mg alpha-tocopherol (10.4 IU)

UL: 300 mg alpha-tocopherol (450 IU)

9 to 13 years: 11 mg alpha-tocopherol (16.4 IU)

UL: 600 mg alpha-tocopherol (900 IU)

14 to 18 years: 15 mg alpha-tocopherol (22.4 IU)

UL: 800 mg alpha-tocopherol (1200 IU)

Comments:

-Converting from international units (IU) to mg:

--1 IU natural vitamin E (commonly labeled d-alpha-tocopherol) = 0.67 mg alpha tocopherol.

--1 IU synthetic vitamin E (commonly labeled dl-alpha-tocopherol) = 0.45 mg alpha tocopherol.

What happens if I miss a dose?

Skip the missed dose and use the next regularly scheduled dose.

What happens if I overdose?

Seek emergency medical attention or call the Poison Help line at 1-800-222-1222.

What should I avoid while using vitamin E?

Vitamin E can make it harder for your body to absorb iron. Tell your doctor if you are using an iron supplement.

Do not use different forms of vitamin E (pills, liquids, and others) at the same time or you could have an overdose.

Avoid using vitamin E together with other herbal/health supplements that can also affect blood-clotting. This includes angelica ([dong quai](#)), capsicum, [clove](#), [dandelion](#), danshen, [evening primrose](#), [garlic](#), [ginger](#), [ginkgo](#), [horse chestnut](#), Panax [ginseng](#), poplar, red clover, [saw palmetto](#), [turmeric](#), and willow.

What other drugs will affect vitamin E?

Do not use vitamin E without medical advice if you are using any of the following medications:

- omega-6 fatty acids;
- [selumetinib](#); or
- **medicine used to prevent blood clots** - [clopidogrel](#) ([Plavix](#)), [warfarin](#) ([Coumadin](#), [Jantoven](#)), [aspirin](#), [alteplase](#), [dipyridamole](#), [ticlopidine](#), and others.

This list is not complete and many other drugs may interact with vitamin E. This includes prescription and over-the-counter medicines, [vitamins](#), and [herbal products](#). Not all possible [drug interactions](#) are listed here.

 [Vitamin e drug interactions](#) (more detail)

Does vitamin e interact with my other drugs?

Enter medications to view a detailed interaction report using our [Drug Interaction Checker](#).

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Frequently asked questions

- [What are antioxidants and should you take supplements?](#)

References

More about vitamin e

- [Check interactions](#)
- [Compare alternatives](#)
- [Reviews \(7\)](#)
- [Side effects](#)
- [Dosage information](#)
- [During pregnancy](#)
- [Drug class: vitamins](#)
- [Breastfeeding](#)

Patient resources

- [Vitamin E Capsules and Tablets patient information](#)
- [Vitamin E Chewable Tablets](#)
- [Vitamin E Oral Drops](#)
- [Vitamin E Oral Liquid](#)
- [Vitamin E Oral or Topical Oil](#)

Other brands

[Alpha E](#), [Aqua Gem-E](#), [Aquasol E](#), [E Pherol](#), ... +6 more

Professional resources

- [Vitamin E monograph](#)
- [Vitamin E \(Advanced Reading\)](#)

Related treatment guides

- [Vitamin E Deficiency](#)
- [Nocturnal Leg Cramps](#)
- [Alzheimer's Disease](#)
- [Dietary Supplementation](#)

Further information

- Consult with a licensed healthcare professional before using any herbal/health supplement. Whether you are treated by a medical doctor or a practitioner trained in the use of natural medicines/supplements, make sure all your healthcare providers know about all of your medical conditions and treatments.


Remember, keep this and all other medicines out of the reach of children, never share your medicines with others, and use this medicine only for the indication prescribed.


Always consult your healthcare provider to ensure the information displayed on this page applies to your personal circumstances.

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DRUG STATUS

Availability
 Rx and/or OTC

Pregnancy & Lactation
 Risk data available

CSA Schedule*
N/A Not a controlled drug



User Reviews & Ratings

[7 Reviews](#)

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