



Helps fight infection to keep you healthy

Vitamin E

What is my blood vitamin E level and how does it compare to the recommended level?

The vitamin E level in your blood was tested on:

(Date) _____ and the result was: _____.

The normal level for your age is: _____.

How do I maintain or improve my intake?

Eat foods high in vitamin E

Take my vitamins as prescribed

Brand _____

Dose _____

Take my vitamins with foods and, if prescribed, enzymes

Other Actions _____

What is vitamin E?

Vitamin E is a fat-soluble vitamin. This means that it is absorbed into the body with fat. So, if you take enzymes, it is important to take them with your food and vitamin supplements. The most important form of vitamin E is alpha-tocopherol.

Why should I care?

Vitamin E is a strong antioxidant, which means it protects compounds in the body from combining with oxygen. Oxidized compounds become useless or harmful to the body. Vitamin E also helps to keep red blood cells healthy. Vitamin E also works in the lining of your lungs to help fight infection. It also helps maintain the health of your intestines. Not getting enough vitamin E over a long time can lead to vitamin E deficiency and problems with muscles and nerves.



Vitamin E

How much vitamin E do I need every day?

The daily recommended vitamin E intake from infancy through adulthood for people who do not have CF is 6 to 22 International Units (IU)/4 to 15 mg. People who have CF need more. Each person's needs are different, with some people needing more than others. These are the CF Foundation recommendations, which can be used as a guide:

Age	Vitamin E	
	IU	mg
0 to 12 months	40 - 50	27 - 34
1 to 3 years	80 - 150	54 - 101
4 to 8 years	100 - 200	67 - 134
8 years and older	200 - 400	134 - 268

The vitamin E in multivitamins designed for people who have CF is in a formulation that may make it easier to absorb. These supplements contain more vitamin E when compared to multivitamins for people who do not have CF.

What foods contain vitamin E?

The best food sources of vitamin E are vegetable oils, nuts, wheat germ, green leafy vegetables and fortified cereals. To preserve vitamin E, it is best to keep foods in a closed, dark container.

Can I get too much vitamin E?

Vitamin E is a generally safe vitamin, but taking too much of any nutrient may be harmful. It is best to work with your CF Healthcare Team when deciding how much vitamin E is right for you.

This educational service is brought to you by the manufacturers of MVW Complete Formulation® Multivitamin Pediatric Drops, Chewables and Softgels, addressing both routine dosing and step increases as outlined in the CF Foundation's 2012 Guidelines. The information contained in this card is not meant to replace the medical advice of your CF Healthcare Team. *This information meets the guidelines and standards of the Cystic Fibrosis Foundation's Education Committee.*

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