

VITAMIN E

WHAT ARE VITAMINS?

Vitamins are essential nutrients for the growth and the maintenance of life. Despite their importance, they are necessary for the body in only minimal amounts and, in most cases, they have to be obtained through food (or supplements, if advised by a doctor), because the human body cannot synthesize them in the metabolism in enough portions.

They are involved in various processes related to the transference and storage of energy, protection and strengthening of our immune system (body defenses), formation of bones and tissues, activity of other nutrients, formation and maintenance of cellular structure and functions, etc.

Vitamins are divided into two major groups: water-soluble and fat-soluble. Water-soluble vitamins are vitamins that can be dissolved in water. This group includes vitamins A, D, E and K. Fat-soluble vitamins are vitamins that can be dissolved in lipids. This group includes all the other vitamins.

Each vitamin has its own specific functions, so the excess of one cannot be used to compensate for the lack of another. The excess of water-soluble vitamins is excreted mainly in the urine as the body is unable to store them. The excess of fat-soluble vitamins can lead to their accumulation in the fat deposits, which has few functional advantages, and can even assume proportions of toxicity in the case of prolonged excessive consumption.

VITAMIN E

The vitamin E, also known as tocopherol, has a key role in the metabolism of every cell. It acts as an antioxidant, protecting cells (particularly cell membranes) from the harmful effects of free radicals; it is involved in the immune function; it is important for the production of red blood cells and it helps the body to use vitamin K3.

We can obtain vitamin E by consuming vegetable oils, wheat germ, brown bread, eggs, milk, butter, nuts, corn and rice.

The deficiency of vitamin E can cause hemolytic anemia in newborns (the destruction of blood cells) and damage the neuromuscular, vascular and reproductive systems



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