



## 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 level?

- 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 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.

## 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). People who have CF need more. Each person's needs are different, with some people needing more than others. For children, these are the CF Foundation recommendations, which can be used as a guide:

Age	Vitamin E (IU)
0 to 12 months	40 - 50
1 to 3 years	80 - 150
4 to 8 years	100 - 200
8 years and older	200 - 400

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.



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