

vit. E

In 1936 Evans & Emerson isolated vit. E from wheat germ oil. It was given the name Tocopherol. (Gk. Tokos = Child Bearer, phero = to bear, ol = an alcohol).

Sources: The richest natural sources of Tocopherol are plant oil, eg. wheat germ, rice, cotton seed, as well as the lipids of green leaves, fish liver oils rich in vit. A & D, are devoid of Tocopherol. Good source of vit. E, includes - Egg, muscle meat, liver, fish & chicken.

Function: The most striking chemical characteristics of vitamin E is their Anti-oxidant property, polyunsaturated fatty acid are easily attacked by molecular oxygen, resulting in the formation of peroxides.

- It is required for the normal reproductive functions in rats hence also called Antisterility vitamin
- In some animals eg. rabbit, a lack of vitamin E produces muscular dystrophy.

Deficiency

The wide distribution of vit E in vegetables oil, cereal, grains & animal fats makes it unlikely that a deficiency of this nutrient occurs in normal humans.

