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Reviewed by Madeline Hubbard, RN, BSN Photo courtesy: eaux dougali / DigitalVision / Getty Images Vitamin E is a compound that plays many important roles in your body and provides multiple health benefits. In order to maintain healthy levels of vitamin E, you need to trick it through food or consume it as an oral supplement. Read on to find out which foods are recommended sources of this essential nutrient, along with other basics to know about Vitamin E. VITAMIN E is classified as an antioxidant. This means that vitamin E helps destroy harmful compounds called free radicals that can build up in your body. Free radicals cause cell damage through oxidative stress, and has been linked to aging and health problems such as cancer and heart disease. Getting enough vitamin E on a daily basis can help fight these conditions by protecting the outer membranes of your cells from free radical damage. Photo courtesy: Leren Lu / PhotoDisc / Getty Images Vitamin E also plays an important role in your immune system and your body's ability to fight infection. At certain doses, vitamin E has been shown to stimulate the function of T cells α - γ a type of cell that responds to disease-causing pathogens. Recent studies have shown that increased vitamin E intake may correlate with a stronger immune response and increased resistance to infection. Vitamin E is present in the following whole foods: almond oils of wheat germ (vegetables, sunflower, vine, etc.) Sunflower seeds Spinach peanut seeds Broccoli Kiwi Mango Daily dosage Dosage Tips for people Age, their daily dosage recommendation for vitamin E increases. For these standard recommended daily doses, a balanced healthy diet is usually enough to achieve the Request for vitamin E: Photo of courtesy: SkySherser + / Getty Images Birth at 6 months: 4 milligrams (mg) / day from 1 to 12 months: 5 mg / day 1 to 3 years: 6 mg / day 4 to 8 Years: 7 mg / day 9 to 13 years: 11mg / day 14+ years, including adults and 15 mg/day Age, sex and health conditions can help determine the recommended daily dose of vitamin E. Always consult a health care professional before modifying vitamin E intake compared to the recommended daily dose. Assumption of vitamin E supplements If necessary, for example in case of vitamin E deficiency, your doctor may suggest you start taking vitamin E supplements. Vitamin E supplements may have some minor side effects if you take more than the recommended daily dose or if you combine these supplements with some medications. Photo Courtesy: Moyo Studio/E+/Getty Images For example, vitamin E can increase the risk of bleeding if taken with anticoagulants (also called anticoagulants) such as warfarin. Other medications, such as chemotherapy drugs and cholesterol-lowering drugs, have potential harmful interactions when combined with vitamin E supplements. Talk to a healthcare professional before introducing daily vitamin E supplements and make sure you discuss the medications you are taking. Signs of a vitamin E deficiency Since most people manage to take a sufficient amount of vitamin E through normal daily diet, vitamin E deficiency is rare and typically related to a underlying health problem. For example, since vitamin E is a fat-soluble nutrient, there is the risk of vitamin E deficiency in people whose body is not able to absorb fat properly. Premature babies can also become vitamin E deficiency. Photo Courtesy: LaylaBird/E+/Getty Images When vitamin E deficiency occurs, these are some of the most common symptoms: Muscle weakness Unsteadiness Nervial pain or numbness Alternate vision Vitamin E deficiency can be detected with a blood test. Usually it solves with small It is important that your doctor deals with possible levels of vitamin E outside the range. Chronic deficiencies may prevent the immune system from functioning normally. Links to resources: resources: In the press release, Digimarc Welcomes Digital Transformation Leader Ravi Kumar to his Board of Directors, issued on 02-Jul-2021 by Digimarc Corporation on PR Newswire, we are informed by the company that the actual date to paragraph one, first sentence, should read "effective June 28, 2021" rather than "effective June 26, 2021" as originally issued inadvertently. The complete and correct release follows: Digimarc welcomes the leader of the digital transformation Ravi Kumar to his Board of Directors BEAVERTON, Ore., 2 July 2021 /PRNewswire/ -- Digimarc Corporation (NASDAQ: DMRC), creator of Digimarc watermarks who are leading the next generation of digital identification and detection, today announced that Ravi Kumar, a world-renowned leader of thought and executive, was elected to its Board of June 21 Its full appointment and expands the current Council's expertise in global business digital disintegration, building ecosystems through global alliances and partnerships and artificial intelligence (AI), machine learning and related data and analysis, among other areas, and supports Digimarc's strategic focus on helping companies embrace digital transformation to provide more value to their customers. Kumar is president of Infosys, a global leader in IT consulting and services, where he leads the Global Services Organization in all segments of the industry. Drive digital transformation, consulting, traditional technology and engineering services, along with data and analysis, cloud and infrastructure, the application service lines of business packages. President of the Information Council Process management (BPM). Kumar also supervises Infosys Public Services and Infosys subsidiary consulting services. He presides over the Boards of digital companies Kaleidoscope, Guidevision, Wongdoody and Simplus that Infosys has acquired. It also supervises the business Infosys in Latin America, Japan and China. He is a member of the Board of Governors of the New York Academy of Sciences and the Board of Directors of AdvanceCT-Economic Dev Board of the Connecticut State. "I am excited to join the Digimarc Council and contribute to the success of the company that drives digital transformation and modernization for its customers," Kumar said. "Digimarc is well prepared to help companies reimagine and reinvent themselves by providing solutions that enable them to accelerate progress in critical areas, such as improving sustainability practices and protecting consumer health and safety. "Ravi is a leader of thought respected in the space of technological transformation, and brings unprecedented experience to the Council. It will undoubtedly be a true inspiration for all Digimarc stakeholders," said Riley McCormack, President & CEO of Digimarc. "His philosophy that "technology is transforming the world", combined with its first-hand experience that helps first-hand companies manage digital disintegration will be a valuable asset on the Council. We couldn't have been happier to welcome him to the team. "Kumar is a global authority on the future of work, workplaces and workforce, and is regularly invited by commercial and popular media to talk about these topics. Digimarc Digimarc Corporation (NASDAQ: DMRC) is a pioneer and leader in digital watermarking solutions and automatic media identification, including packaging, commercial printing, digital, audio and video images. Digimarc helps customers drive efficiency, accuracy and security through physical and digital supply chains. Visit digimarc.com and follow us on LinkedIn and Twitter @digimarc to learn more. View original content to download download download Digimarc Corporation Corporation.

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