



**THE HEALTH SUPPLEMENTS INFORMATION SERVICE COMMENTS ON
THE BENEFITS AND SAFETY OF VITAMIN E**

3 March 2008 – Further to the study published in the first March issue of the American Journal of Respiratory and Critical Care Medicine¹ on vitamin supplementation and lung cancer, HSIS would like to reiterate the benefits and safety of vitamin E. Vitamin E supplementation was highlighted in this study as being positively linked with increased risk of lung cancer

Commenting on vitamin E in particular, Pamela Mason, spokesperson for the Health Supplements Information Service (HSIS) notes: "Vitamin E is an essential nutrient which is critical for human health. Vitamin E is a vital antioxidant, protecting polyunsaturated fats present in cells from free radicals and damaging products of oxidation. As such, it is key for almost every function in the body.

According to the latest National Diet and Nutrition Survey (NDNS),² mean dietary intake for vitamin E from food in the UK is 10.6 mg/day in men and 8.1mg/day in women. Though there is no Reference Nutrient Intake (RNI) set for the UK, the European Union has set an RDA for vitamin E of 10mg. Data from the NDNS² show that 50% of men aged 19-64 years and 77% of women of the same age have intakes of vitamin E from food of less than 10mg. In the younger age groups, these low intakes were particularly noticeable: 64% of men aged 19-24 years and 81% of women aged 19-24 years had intakes of vitamin E from food of less than 10mg.

Pamela continues: "Given the essentiality of vitamin E and the fact that significant numbers of the British population do not achieve the EU RDA, a vitamin product taken in recommended amounts is both safe and beneficial for health."

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1. American Journal of Respiratory and Critical Care Medicine, February 29th 2008
2. National Diet and Nutrition Study 2003