

認識維生素 E

化學結構：總共有 8 種構造類似的物質組成，**αα 最具營養價值**，來自於天然植物，生物活性最高，吸收率最佳。

食物來源：植物油類、小麥胚芽、種子、黃豆及其製品類、全穀類。

參考攝取量：

營養素	維生素 E(AI)
單位 (年齡)	毫克(mg α-TE)
0 月~3 月	3
4 月~6 月	4
7 月~3 歲	5
4 歲~6 歲	6
7 歲~9 歲	8
10 歲~12 歲	10
13 歲~71 歲	12
懷孕 第一期	+2
第二期	+2
第三期	+2
哺乳期	+3

國人攝取狀況：國人男女兩性各年齡層之維生素 E 攝取量

年齡分層(歲)	男 性		女 性	
	每日平均 攝取量 (mg TE)	佔建議 量比例 (%)	每日平均 攝取量 (mg TE)	佔建議 量比例 (%)
13-15	6.74	56	5.86	59
16-19	7.76	65	6.08	61
20-24	7.1	59	6.43	64
25-34	7.92	66	6.98	70
35-54	8.01	67	8.2	82
55-64	7.54	63	6.5	65
19-64	7.81	65	7.33	73

對身體的益處：

- 維持正常生殖機能:能促進精子的活力、防止習慣性流產提高受孕率。
- 抗氧化:維持細胞膜完整，促進細胞和器官的健康。
- 防止動脈硬化。
- 強化免疫系統,減少感冒次數及維繫呼吸道健康。
- 防止血小板過度凝集。
- 預防溶血性貧血。
- 預防肌肉萎縮。
- 延緩細胞老化,常保青春。

臨床應用：

- 預防老人癡呆症。
- 心血管疾病的保健:降低血栓及動脈粥狀硬化形成。
- 預防肌肉損傷。
- 防癌。
- 減少癌症患者化療或放療時對體內的毒性累積。
- 預防白內障。
- 促進糖尿病患者胰島素的活性。
- 減輕關節炎疼痛。
- 減輕經前症候群。
- 預防感冒。
- 幫助燒燙傷患者修護皮膚。

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