

Vitamin - E

Tocopherol

- Anti sterility Vitamin.

- Sources are: Vegetable oils, cotton seed,

Sunflower seed, egg yolk & butter.

- Foods rich in polyunsaturated fatty acids are rich in Vitamin E.

- Nutritional deficiency is rare.

- 0.8-10 mg/day of essential fatty acids.

- It has cytotoxic effect on lymphocytes in vitro.