

What about Vitamin E for Alzheimer's?

It was expected that the antioxidant effect of Vitamin E would prove to contribute significantly to reducing the risk of Alzheimer's, especially if given in higher dosages. **While some studies showed improvement other showed no benefit and even an increase risk of death.**

Both the Mayo Clinic and the Alzheimer's Association recommend that no one should take Vitamin E without physician's oversight for Alzheimer's.

The results of a 2010 study may change the perception of using Vitamin E.

Lead researcher Dr. Francesca Mangialasche in collaboration with the Karolinska Institutet, Stockholm, Sweden and the Institute of Gerontology and Geriatrics, University of Perugia, Italy used a different approach in testing the effects of Vitamin E. The participants were 232 adults who were free of dementia, eighty-plus years old and part of an on-going study on dementia and aging.

Testing of Vitamin E commonly uses **α -Tocopherol** and it is this form in high dosages that is dangerous. However, **Vitamin E is actually a family of 4 types of tocopherols and 4 types of tocotrienols.**

According to Dr. Mangialasche, when **all eight natural forms of Vitamin E were given** and blood levels were tested over a six year period, there was a difference in the development of dementia. Those given higher levels of the full complement of Vitamin E reduced their risk of Alzheimer's by 45-54% when compared to those with lower blood levels.

The study needs further confirmation but suggests there is a protective effect in using the **full natural form of Vitamin E** rather than the common α -Tocopherol.

The above is for informational purposes only. Consult your health care provider if using Vitamin E as it also may interfere with other medications.

Sources:

High blood levels of vitamin E reduces risk of Alzheimer's
<http://www.physorg.com/news197537402.html>

Alzheimer's Association
http://www.alz.org/alzheimers_disease_standard_prescriptions.asp

Wikipedia – Vitamin E