

# Layton Aging & Alzheimer's Disease Center

## Medication Fact Sheet

Oregon Health & Science University  
3181 SW Sam Jackson Park Road, CR-131  
Portland, OR 97239-3098  
503.494.6976

### Vitamin E (d-alpha tocopherol)

\_\_\_\_\_ has prescribed the following for you:

\_\_\_\_\_

\_\_\_\_\_

#### How Vitamin E Works

Vitamin E is a fat-soluble vitamin essential for your body's functioning. It also has antioxidant properties, which prevent damage by free radicals (harmful oxygen molecules.) Some research suggests that free radicals play a role in aging, neurodegenerative diseases and specifically, Alzheimer's disease.

Only one clinical study of Vitamin E use in Alzheimer's disease has been published. There was a suggestion that Vitamin E resulted in less decline in dependent activities such as eating, dressing, cooking than those individuals in the comparison group who did not receive Vitamin E. No improvement in memory was seen. No serious adverse effects were reported with the use of Vitamin E.

#### Dose and Treatment Information

- Recommended dosage is 1,000 IU per day.
- Vitamin E comes in chewable tablets (400 IU), capsules (400IU, 500 IU, and 1000 IU) or oral solution. Do not open capsules.
- Vitamin E is generally taken with food.
- Treatment with Vitamin E should be monitored regularly by your health care provider.

## WARNINGS

- If you have soy allergies, check the package label for soy oil.
- If you have wheat allergies, check the package label for wheat oil.
- Avoid taking mineral oil, which can interfere with the absorption of vitamin E.
- **Patients taking Warfarin (Coumadin®) and Vitamin E may increase risk of bleeding and should be monitored closely by their health care provider.**

### Possible side effects

### What you can do about them:

Allergic reaction  
(rash, breathing difficulty, etc)

Stop medication. Call health care provider or obtain emergency assistance.

Diarrhea

Stop medication. Call health care provider.

Blurred vision, nausea, intestinal cramps, gas, headache, fatigue, weakness

Stop medication. Call health care provider.

Pain, tenderness, redness, swelling, edema in leg.

Stop medication. Call health care provider.

If you have questions or problems, please call (503) 494-7615 between 8:30am and 4:30pm, Monday through Friday.

### For information on Alzheimer's disease contact:

- \* The Layton Center for Aging & Alzheimer's Disease Research  
(503-494-6976)
- \* Alzheimer's Association/ Oregon and Greater Idaho Chapter  
1-800-733-0402 or (503) 413-7115
- \* Alzheimer's Disease Education and Referral (ADEAR) Center
- \* Phone: 1-800-438-4380 Web address: <http://www.alzheimers.org>