

VITAMIN E BENEFITS

PALM Vitamin E significantly helps increase immunity or to inhibit disease in our bodies.

Vitamin E was first isolated and recognised nearly 60 years ago. It is fat soluble, widely distributed in foods and can even be stored in our bodies.

As a result, Vitamin E deficiency rarely occurs in mammals. It is present in all our tissues and cells and protects against the ravages of oxidative damage by free radicals formed in our body. It also plays an important role in the regulation of our immune system. In recent times, Vitamin E has been discovered playing its role as an inhibitor of cell proliferation.

Vitamin E occurs in substantial amounts in oils and fats. Generally, the higher the polyunsaturated fatty acid content of oil, the higher the Vitamin E requirement. An average ratio of Vitamin E to polyunsaturated fatty acids of about 0.6 mg/g is highly desirable.

Vitamin E mostly occurs as alpha- (most common), gamma- and delta-tocopherol. The composition of Vitamin E in palm oil is, however, quite different. Only about 30% of its com-



position is tocopherol, whereas the rest occur as tocotrienols (alpha, gamma and delta) which are again different isomeric forms of Vitamin E.

Apart from palm oil, rice bran, wheat germ and barley germ oils are good sources of the tocotrienols.

Significance of palm tocotrienols

Tocotrienols have a chemical structure that is slightly different from the tocopherols.

Research has already determined that this structural difference, while allows it to perform all the classic functions of Vitamin E, additionally confers important biological and

physiological properties that are not noticeable in tocopherols.

Good manufacturing practice ensures that a substantial amount of palm Vitamin E is retained in palm olein, commonly used as cooking oil in our Asian cooking. When crude palm oil is refined, a portion of its Vitamin E is concentrated as a by-product, called palm fatty acid distillate (PFAD).

Now, innovative technologies allow the recovery of this palm Vitamin E as a concentrate that contains about 30% tocopherols and 70% tocotrienols. Palm Vitamin E is now commercially available in Malaysia and other regions.