

**VITAMIN E (TOCOPHEROL),
SERUM
(HPLC)**

mg/L

Interpretation

REFERENCE GROUP	REFERENCE RANGE IN mg/L
Premature infants	1-5
1-12 years	3-9
13-19 years	6-10
Adults	5-18

CRITERIA	LEVELS OF VITAMIN E IN mg/L
Significant deficiency	<3
Significant excess	>40

Comments

Vitamin E / Tocopherol is a fat soluble vitamin which has anti-oxidant properties. Corn & soybeans are rich in vitamin E. Deficiency is uncommon but may occur as a result of malabsorption, in total parenteral nutrition and in premature infants. Deficiency in children leads to reversible motor and sensory neuropathies. Vitamin E toxicity has not been established clearly. Low blood levels of vitamin E may be associated with Abetalipoproteinemia. Chronic excessive ingestion has been implicated as a cause of Thrombophlebitis.

Uses

- Evaluation of individuals with motor and sensory neuropathies.
- Monitoring Vitamin E status of premature infants requiring oxygenation
- Evaluation of individuals with intestinal malabsorption of lipids