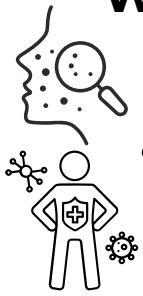


Vitamin E

Why do we need it?

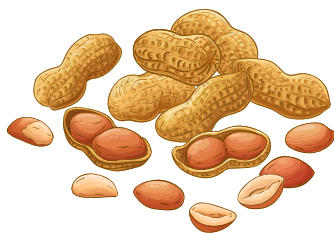


- Helps maintain healthy skin & eyes.
- Helps support the immune system.
- Its a powerful antioxidant (which protect the body from oxidative stress) .

Recommended Daily Allowance:

Men: **4mg**

Women: **3mg**



= **4.94mg**

100g of Peanuts



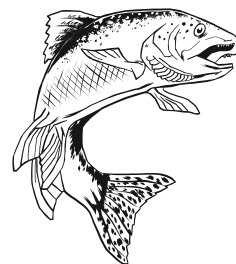
= **2.07mg**

100g of Avocado



= **2.07mg**

100g of Spanich



= **2.15mg**

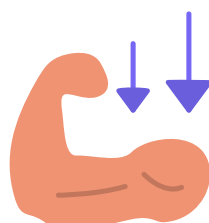
100g of Trout

Symptoms of a Deficiency

Vision Problems



Muscle Weakness



Loss of feeling in hands & feet

