

Table 1: Selected Food Sources of Vitamin E [4]

FOOD	Milligrams (mg) Alpha-tocopherol per serving	Percent DV*
Wheat germ oil, 1 tablespoon	20.3	100
Almonds, dry roasted, 1 ounce	7.4	40
Sunflower seed kernels, dry roasted, 1 ounce	6.0	30
Sunflower oil, over 60% linoleic, 1 tablespoon	5.6	30
Safflower oil, over 70% oleic, 1 tablespoon	4.6	25
Hazelnuts, dry roasted, 1 ounce	4.3	20
Peanut butter, smooth style, vitamin and mineral fortified, 2 Tablespoons	4.2	20
Peanuts, dry roasted, 1 oz	2.2	10
Corn oil (salad or vegetable oil), 1 tablespoon	1.9	10
Spinach, frozen, chopped, boiled, ½ cup	1.6	6
Broccoli, frozen, chopped, boiled, ½ cup	1.2	6
Soybean oil, 1 tablespoon	1.3	6
Kiwi, 1 medium fruit without skin	1.1	6
Mango, raw, without refuse, ½ cup sliced	0.9	6
Spinach, raw, 1 cup	0.6	4

Seabuckthorn Seed Oil, 1 tablespoon	27.9	140
Seabuckthorn Pulp Oil, 1 tablespoon	23.1	115
Seabuckthorn Residue Oil, 1 tablespoon	40.5-81.0	200- 405
Seabuckthorn Dried Berry, 1 tablespoon	6,1	30

*DV = Daily Value. DVs are reference numbers developed by the Food and Drug Administration (FDA) to help consumers determine if a food contains a lot or a little of a specific nutrient. The DV for vitamin E is 30 International Units (or 20 mg ATE). Most food labels do not list a food's vitamin E content. The percent DV (%DV) listed on the table indicates the percentage of the DV provided in one serving. A food providing 5% of the DV or less is a low source while a food that provides 10-19% of the DV is a good source. A food that provides 20% or more of the DV is high in that nutrient. It is important to remember that foods that provide lower percentages of the DV also contribute to a healthful diet. For foods not listed in this table, please refer to the U.S. Department of Agriculture's Nutrient Database Web site: http://www.nal.usda.gov/fnic/cgi-bin/nut_search.pl.

Studies have demonstrated that even larger doses up to 3,200 mg didn't lead to any harmful effects.