VITAMIN E

Why do I need it?
→ Protects cell membranes
→ Antioxidant
→ May lower risk of cancer
→ Protects eyes from cataracts
→ Maintains heart health

Where can I get it?
→ Vegetable oil, nuts, seeds, spinach, tomatoes, pumpkin, broccoli, sweet potatoes

Sourced from: McGuire, M. and Beerman, K. Nutritional Sciences: From Fundamentals to Food