

Vitamin E

Description	Vitamin E is a fat soluble vitamin measured using reversed phase HPLC with UV detection.
Indication	Fat malabsorption e.g. cystic fibrosis, nutritional support, neurological problems.
Additional Info	Vitamin E has important roles in preventing lipid peroxidation of polyunsaturated fatty acids, immune signalling, platelet aggregation and neurological and reproductive function.
Concurrent Tests	Vitamin A is measured in the same assay.
Dietary Requirements	Vitamin E is fat soluble so fasting samples are preferable.
Interpretation	<p>MALABSORPTION: all fat soluble vitamins may be low e.g. patients with cystic fibrosis and those on TPN with incomplete absorption and supplementation. A rare cause is of deficiency is abetalipoproteinaemia</p> <p>NEUROPATHY: Low vitamin E causes neurological and neuromuscular problems due to poor nerve conduction.</p> <p>HAEMOLYTIC ANAEMIA: low vitamin E is associated with haemolytic anaemia due to oxidative damage to red cells.</p> <p>TOXICITY: pregnant women should avoiding taking supplemental Vitamin E tablets due to increased cardiovascular risks.</p>
Collection Conditions	Serum sample preferably taken after an overnight fast.
Frequency of testing	As required