

Natural vitamin E fights neuro damage

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Two new studies suggest strong neurological benefits linked to an alternative form of vitamin E.

Researchers at Ohio State University Medical Center in Columbus say natural vitamin E tocotrienol (TCT), which is commonly found in palm oil, can significantly protect against stroke and other neurological damage.

The form of vitamin E most popular in the United States is tocopherol (TCP), commonly appearing on drugstore shelves. But TCT may soon prove to be a valuable nutritional supplement.

Researchers found that a moderate dose of TCT can reach concentrations in human blood plasma that would protect against damage brought on by a stroke. In a higher concentration, TCT can also act as an antioxidant.

At both concentrations, researchers found functions that battle neurodegeneration.

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