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It has been recently publicized that there are problems with taking Vitamin E. It's been well-known for quite some time that taking the synthetic form, d,l-alpha-tocopherol, creates a relative deficiency of gamma-tocopherol, the one most prevalent in food (as well as all the other 32 forms of Vitamin E). It is generally understood in nutritional circles that there is a world of difference between natural, also called "mixed tocopherols," and synthetic Vitamin E, and except in very low doses and special circumstances, the synthetic form should be avoided. Even in anti-nutritional circles, it is begrudgingly acknowledged that a sufficiently high dose of Vitamin E helps Alzheimer's. Personally, I will continue to take 400 IU twice a day.