

Wie viel Vitamin E ist gesund?

Prof. Dr. Regina Brigelius-Flohé

Ernährungs Umschau 55 (2008), S. 296 ff.

Literatur

1. Miller ER 3rd, Pastor-Barriuso R, Dalal D et al. (2005) Meta-analysis: high-dosage vitamin E supplementation may increase all-cause mortality. *Ann Intern Med* 142: 37–46
2. Bjelakovic G, Nikolova D, Gluud LL et al. (2007) Mortality in randomized trials of antioxidant supplements for primary and secondary prevention: systematic review and meta-analysis. *J Am Med Ass* 297: 842–857
3. Brigelius-Flohé R (2007) Hypothesis paper: Adverse effects of vitamin E by induction of drug metabolism. *Genes Nutr* 2: 249–256
4. Landes N, Pfluger P, Kluth D et al. (2003) Vitamin E activates gene expression via the pregnane X receptor. *Biochem Pharmacol* 65: 269–273
5. Kluth D, Landes N, Pfluger P et al. (2005) Modulation of CYP3a11 expression by α -tocopherol but not -tocotrienol in mice. *Free Radic Biol Med* 38: 507–14
6. Mustacich DJ, Leonard SW, Devereaux MW et al. (2006) α -Tocopherol regulation of hepatic cytochrome P450s and ABC transporters in rats. *Free Radic Biol Med* 41: 1069–1078