

# Vitamin E

Alpha tocopherol is another name for this medication.

## How Is This Medication Useful?

- Vitamin E is an antioxidant used to protect cells and assists in fat metabolism. Deficiencies of Vitamin E will cause cell damage and death in skeletal muscle, heart, testes, liver, and nerves. It is also used to promote skin healing. It may also be used to support the treatment of horses with equine protozoal myeloencephalitis (EPM).

## Are There Conditions or Times When Its Use Might Cause More Harm Than Good?

- Giving vitamin E by rapid injection may cause allergic reactions.
- If your animal has any of the above conditions, talk to your veterinarian about the potential risks of using the medication versus the benefits that it might have.

## What Side Effects Can Be Seen With Its Use?

- There are no known side effects from vitamin E, even at extremely high doses.

## How Should It Be Given?

- Vitamin E is a fat-soluble vitamin and should be given with a fatty meal to ensure complete absorption into the bloodstream.
- The successful outcome of your animal's treatment with this medication depends upon your commitment and ability to administer it exactly as the veterinarian has prescribed. Please do not skip doses or stop giving the medication. If you have difficulty giving doses consult your veterinarian or pharmacist who can offer administration techniques or change the dosage form to a type of medication that may be more acceptable to you and your animal.

- If you miss a dose of this medication you should give it as soon as you remember it, but if it is within a few hours of the regularly scheduled dose, wait and give it at the regular time. Do not double a dose as this can be toxic to your pet.
- Some other drugs can interact with this medication so tell your veterinarian about any drugs or foods that you currently give your animal. Do not give new foods or medications without first asking your veterinarian.
- **Dogs and Cats:** Dogs and cats usually receive vitamin E from one to three times daily with a fatty food.
- **Horses:** Horses receive vitamin E orally once daily to assist in treatment of EPM.

## What Other Information Is Important About This Medication?

- Vitamin E should be stored in a tight, light resistant, childproof container away from all children and other household pets.
- Vitamin E can be purchased over the counter without a prescription.