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Sommario/riassunto	Vitamin E is a group of fat-soluble compounds found in a wide variety of foods. Daily requirements of vitamin E can be met with a balanced diet. High-dose supplementation may be hazardous rather than beneficial. Vitamin E serves as an antioxidant, participates in anti-inflammatory processes, inhibits platelet aggregation, and enhances immunity. Vitamin E supplementation can be beneficial against coronary artery disease, eye disorders, cognitive decline, cancer, and skin aging. This book will mainly focus on the diverse functions of vitamin E, importance of vitamin E status to provide a healthy lifespan, and the interaction between vitamin E and several pathological conditions. Readers will receive a general overview of the importance of vitamin E in health and different pathological conditions.