

# VITAMIN E — METABOLISM AND FUNCTIONS

## Summary

Vitamin E belongs to the group of chemical compounds called tocochromanol. It is synthesized exclusively by plants but fulfills also numerous important functions in humans. In the present article the occurrence and biosynthesis of vitamin E in plants

have been described, as well as its diverse functions in plants including antioxidant action. Moreover, the metabolism of vitamin E and physiological significance in humans have been presented.