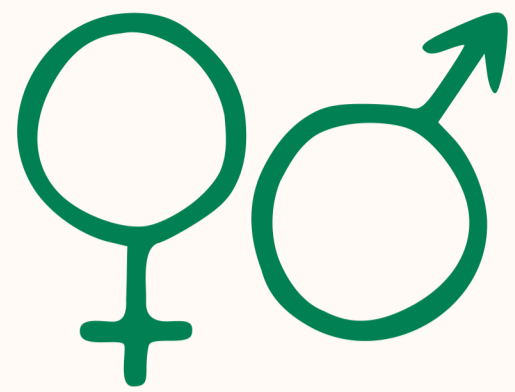


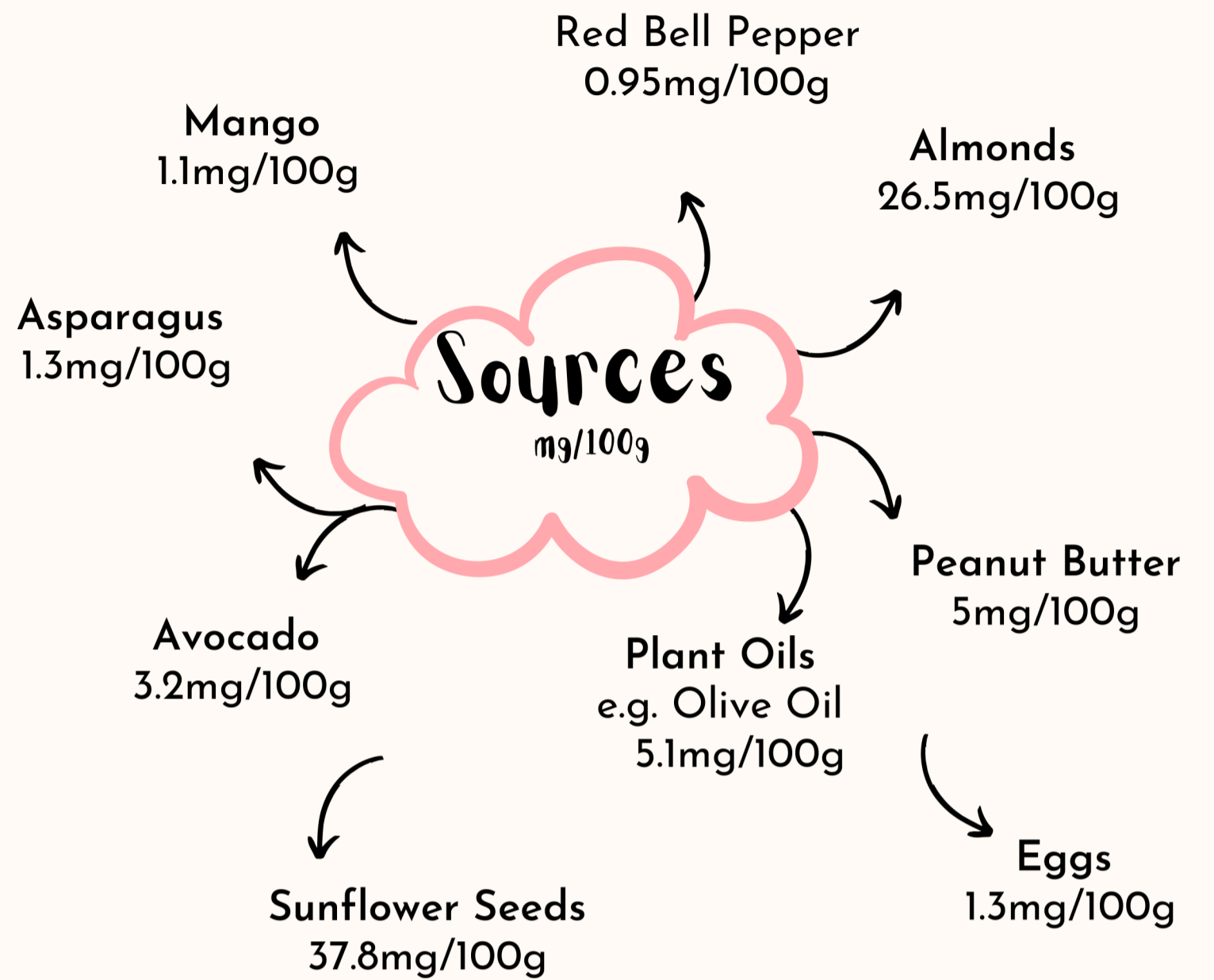


Vitamin E



What does it do?

- Performs antioxidant and anticoagulant activities
- Specifically protects against free radicals affecting sperm motility helping sperm move faster and easier to reach an egg
- Improves endometrial response and aids in increasing the thickness of the endometrium
- Protects the implantation of embryos as well as improving egg quality
- Increases cervical mucus, providing an optimum environment for the sperm to survive and reach the egg



How much do I need?

RI - Females:
3mg per day

RI - Males:
4mg per day

Pregnancy

No change required during pregnancy

Recipe Idea...

Veggie Chilli

Ingredients

- 1 Sweet Potato
- 2 Garlic Cloves
- 1 Onion
- 1 Carrot
- 1 Celery Stick
- 1 Red Pepper
- ½ Can Black Beans
- ½ Red Kidney Beans
- 1 tbsp Cajun Spice Mix
- 320g Wholegrain Brown Rice
- 1 Can Chopped Tomato's
- 1 tsp Olive Oil

Method

- Dice sweet potato, brush with oil and bake at 200°C for 30 mins
- Dice onion, carrot, celery, red pepper to the same size
- Heat oil over a medium high heat and sauté diced vegetables for 10 minutes
- Add Cajun spice mix and crushed garlic, cook for a further 1-2 minutes
- Drain the canned beans and to the pan along with the chopped tomatoes. Stew for 10 minutes
- Cook rice as per packet instructions
- Stir through the baked sweet potato into the chilli mix
- Plate up rice and chilli to serve

Per Portion

Kcals: 492
Vitamin E: 7.56mg (63% RI)