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Gamma-Tocopherol

National Cancer Institute

Source

National Cancer Institute. *Gamma-Tocopherol*. NCI Thesaurus. Code C68317.

The orally bioavailable gamma form of the naturally-occurring fat-soluble vitamin E, found in certain nuts and seeds, with potential antioxidant activity. Although the exact mechanism of action of this tocopherol has yet to be fully identified, gamma-tocopherol appears to have the ability to scavenge free radicals, thereby protecting against oxidative damage.