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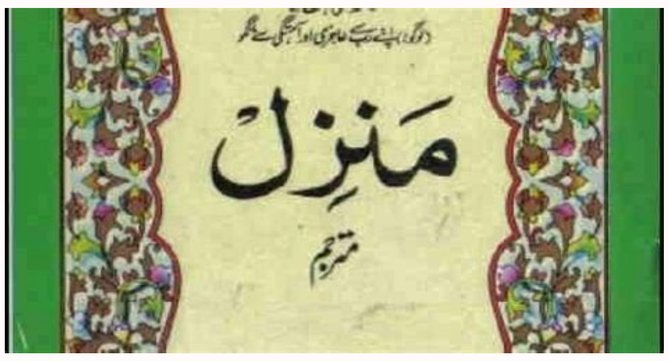

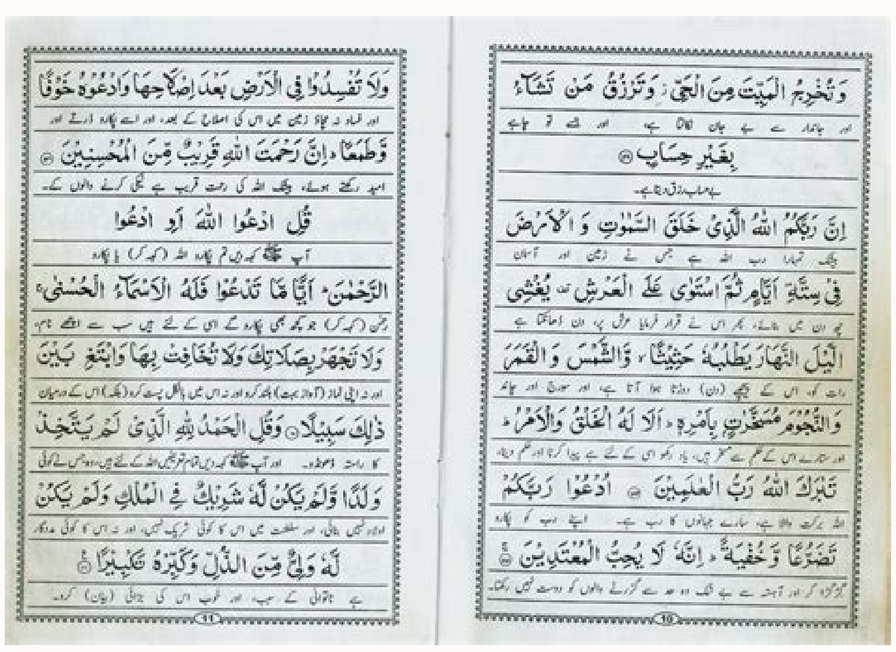

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And finding a particular excerpt tends to be a lot harder than it is if I can grab the actual book and flick through it.These days I fall somewhere in between total-Kindle-convert and hoarder-of-paper-volumes. Reading a digital book also allowed me to constantly educate myself. Photo Courtesy: Moyo Studio/E+/Getty Images For example, vitamin E may increase the risk of bleeding if you take it with anticoagulants (also called blood thinners) like warfarin. Getting enough vitamin E on a daily basis may help to combat these conditions by protecting the outer membranes of your cells from free radical damage. This may be performed once or twice a day, in the latter case once in the morning and once in the evening. Sometimes I succumb to its ease. In order to maintain healthy levels of vitamin E, you need to ingest it through food or consume it as an oral supplement. 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