

Khloé Kardashian Says to Put Vitamin E on Your Vagina. So Should You?

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Sexual Health

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You may already know that Miss Khloé Kardashian is a huge fan of vitamin E. Last week, she posted on her website that she's been using the supplement for years and that her nutritionist is a big supporter too. But then came the most interesting part of her post—she recommended putting vitamin E on your vagina.

Khloé wrote: "No joke: Vitamin E may strengthen vaginal lining!!! Moisturize your labia and vagina with Vitamin E oil to combat dryness and soothe irritation."



NEW YORK, N.Y. — Khloé Kardashian attends Allergan Kybella event on March 3 in New York City. (Photo by Cindy Ord/Getty Images for Allergan)

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So...um...is this true? Is vitamin E not only good for your skin and nutrition but also healthy and safe for your vagina? Well, not exactly. According to Pari Ghodsi, M.D., obstetrician and gynecology doctor at the San Fernando Valley at Northridge Hospital in Los Angeles, you can put vitamin E down there, but the benefits aren't exactly what Khloé claims.

"You can put vitamin E oil in and around your vagina—it can act as a natural lubricant and moisturizer," says Dr. Pari. "With that said, if you do not suffer from vaginal dryness, it is unnecessary." Those who might benefit from using it the most? Women who are postmenopausal and no longer produce the natural hormones that keep their vagina lubricated.

"It can help soothe and lubricate your vaginal lining, but that doesn't necessarily equate to strength," says Dr. Pari, debunking Khloé's claim. "The best way to strengthen your vagina is through pelvic floor exercises such as Kegel exercises."

And, if things aren't dry though down South, you might want to think twice about rubbing on the E. There's a high chance it can cause irritation. "Vitamin E is a very good topical antioxidant but there are many different forms and strengths of it," says Neal Schultz, M.D., an NYC dermatologist, founder of DermTv.com. "There is a high rate of contact dermatitis to pure vitamin E on regular skin, such as the front and outer sides of the vagina, and I would expect an even higher rate of irritation on mucous membranes like the labia minora and the inner vagina."

His recommendation if you're looking to oil up? "If it's a pure vitamin E, in consideration of possible irritation in a very sensitive area, I suggest not using it," says Dr. Schultz. "If it's a trace ingredient, then it probably won't hurt but may not help either."

Sorry to say, ladies, but this may just have to chalk this up to another crazy KarJenner moment. What will they come up with next?