(f) Vitamin E intake is significantly associated with a reduced risk of type 2 diabetes.

Unfortunately the known food supplements available in the market do not contain required combinations of elements or do not contain the required amounts of the elements for adequate health promotion and disease prevention.

A list of relevant non-patent literature (NPL) is shown below:

a) “CAROTINO® Classic” (‘Carotino’), which is available online at www.carotino.com on December 6th 2008, and which can be produced by the process described in US 5,157,132, and

b) “Generally Recognized As Safe (GRAS) Determination for the Use of Palm Tocotrienol Rich Fractions (TRF) as Ingredients in Food” ('GRAS'), which is available online at www.fda.gov on October 2009.

It is an object of the invention to suggest a novel food supplement which will assist in overcoming the aforementioned problems.

SUMMARY OF INVENTION

According to the invention, a food supplement, includes at least the following components:

(a) omega-3 fatty acids;

(b) natural carotenoids;

(c) natural tocopherol; and

(d) tocotrienol.

The food supplement may include no synthetic ingredients.

The component(s) may be of natural origin and of high purity.

The carotenoids may include carotenes.

The carotenoids and tocotrienol may be obtained from a Carotino mixed concentrate.

The Carotino mixed concentrate may be a natural tocotrienol (Vitamin E) and carotene oil complex derived from palm fruits.

The Carotino mixed concentrate may include tocotrienols consisting of alpha-, gamma-and delta- tocotrienols.

The Carotino mixed concentrate may include a spectrum of carotenes, but consist predominantly of alpha- and beta-carotenes.