WHAT IS CLAIMED IS:

1. A nutritional composition comprising fat, protein, carbohydrates, minerals and from 5 mg/L to 100 mg/L of an optimized tocopherol blend having a weight ratio of RRR alpha-tocopherol to RRR gamma-tocopherol of from 3:1 to 15:1 and less than 8 mg/L of non-RRR alpha-tocopherol isomer.

2. The nutritional composition of claim 1, wherein the nutritional composition comprises less than 5 mg/L of non-RRR alpha-tocopherol isomer.

3. The nutritional composition of claim 1, wherein the nutritional composition comprises less than 0.5 mg/L of non-RRR alpha-tocopherol isomer.

4. The nutritional composition of claim 1, wherein the nutritional composition is substantially free of non-RRR alpha-tocopherol isomer.

5. The nutritional composition of claim 1, wherein the weight ratio of RRR alpha-tocopherol to RRR gamma-tocopherol ranges from 4:1 to 10:1.

6. The nutritional composition of claim 1, wherein the weight ratio of RRR alpha-tocopherol to RRR gamma-tocopherol is 5:1.

7. The nutritional composition of any one of claims 1-6, having:
   i) from 20 to 50 g/L fat;
   ii) from 10 to 15 g/L protein; and
   iii) at least 4 mg/L of RRR alpha-tocopherol.

8. The nutritional composition of any one of claims 1-7, wherein the nutritional composition comprises a polyunsaturated fatty acid selected from arachidonic acid, docosahexaenoic acid, and a combination thereof.

9. The nutritional composition of any one of claims 1-8, wherein the nutritional composition comprises vitamin C.

10. The nutritional composition of any one of claims 1-9, wherein the nutritional composition comprises a carotenoid.

11. The nutritional composition of any one of claims 1-10, wherein the nutritional composition comprises trans-lutein.

12. The nutritional composition of any one of claims 1-11, wherein the nutritional composition is a liquid nutritional product.

13. The nutritional composition of any one of claims 1-11, wherein the nutritional composition is a powdered nutritional product.

14. The nutritional composition of any one of claims 1-13, wherein the nutritional composition is an infant formula.

15. The nutritional composition of any one of claims 1-13, wherein the nutritional composition is a preterm infant formula.