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FOOD SUPPLEMENT**ABSTRACT**

10 The invention concerns a composition comprising at least 50 mg/g of one or several omega-3 type fatty acid(s), at least 10 mg/g of one or several xanthophyll(s), at least 1 mg/g of one or several sterol(s) and at least 2 µg/g of one or several phycoprostane(s), and its applications in particular as a food supplement in the prevention of the apparition of cognitive disorders.

15 [No Suitable Figure]