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(54) Title: FISH OIL AND GARLIC NUTRITIVE COMPOSITION

(57) Abstract

The present invention relates to nutritional supplements to the human diet used to increase levels of HDL, and decrease levels of O-LDL, cholesterol, and triglycerides in human blood plasma. More specifically, the present invention teaches a novel nutritional supplements which contain a novel combination of fish oil, garlic, rutin, and capsaicin, as well as methods of preparing the nutritional supplements.

