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(54) Title: FOOD SUPPLEMENT

(57) Abstract: The invention discloses a food supplement, which includes at least the following components: omega-3 fatty acids; natural carotenoids; natural tocopherol; and tocotrienol. The carotenoids include carotenes. The carotenoids and tocotrienol are obtained from a Carotino mixed concentrate. The Carotino mixed concentrate is a natural tocotrienol (Vitamin E) and carotene oil complex derived from palm fruits.



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