PATENT CLAIMS

1. A food supplement, which includes at least the following components:

   (a) omega-3 fatty acids from marine fish oil;

   (b) natural carotenoids from palm fruits;

   (c) natural tocopherol from palm fruits; and

   (d) tocotrienol from palm fruits.

2. The food supplement as claimed in claim 1, which includes no synthetic ingredients.

3. The food supplement as claimed in any one of claims 1 to 2, in which the carotenoids from palm fruits include carotenes.

4. The food supplement as claimed in any one of claims 1 to 3, in which the carotenoids from palm fruits and tocotrienol from palm fruits are obtained from a Carotino mixed concentrate from palm fruits, in which the Carotino mixed concentrate from palm fruits is a natural tocotrienol (Vitamin E) and carotene oil complex derived from palm fruits.

5. The food supplement as claimed in claim 4, in which the Carotino mixed concentrate from palm fruits includes tocotrienols consisting of alpha-, beta-, gamma-and delta- tocotrienols.

6. The food supplement as claimed in any one of claims 4 to 5, in which the Carotino mixed concentrate from palm fruits includes a spectrum of carotenes, including alpha- and beta-carotenes.

7. The food supplement as claimed in any one of claims 4 to 6, in which the Carotino mixed concentrate from palm fruits includes the following percentages:

   (a) at least 2.7 % carotenoid composition;

(b) at least 9.3 % tocopherol from palm fruits and tocotrienol from palm fruits; and

(c) at least 53 % palm oil.

8. The food supplement as claimed in any one of claims 4 to 7, in which the Carotino mixed concentrate from palm fruits includes substantially the following carotenoid content per 100 mg:

(a)	Alpha-carotene	1.01 mg
(b)	Beta- carotene	1.52 mg
(c)	Gamma- carotene	91 mcg
(d)	Lycopene	16 mcg
(e)	Xhanthophylls	60 mcg
(f)	Other	0.1 mg.

9. The food supplement as claimed in any one of claims 4 to 8, in which the Carotino mixed concentrate from palm fruits includes substantially the following Vitamin E content per 100 mg:

(a)	Tocopherols	1.8 mg
(b)	Tocotrienols	7.4 mg.

10. The food supplement as claimed in claim 9, in which the Carotino mixed concentrate from palm fruits additionally includes substantially the following ingredients per 100 mg:

(a)	Phytosterols	1.3 mg
(b)	Squalene	0.37 mg
(c)	Co-enzyme Q 10	67 mcg
(d)	Palm oil	53 mg.

11. The food supplement as claimed in claim 9 or claim 10, in which the Carotino mixed concentrate from palm fruits additionally includes substantially the following heavy metal content per 100 mg:

(a)	Lead	less than 0.6 parts per million
(b)	Mercury	less than 0.05 parts per million
(c)	Arsenic	less than 0.1 parts per million.

12. The food supplement as claimed in any one of claims 4 to 11, in which the Carotino mixed concentrate from palm fruits includes substantially the following micro-biological purity: Total plate count, yeast and mold less than 10 cfu/g.

13. The food supplement as claimed in any one of the preceding claims, wherein the marine fish oil is high grade fish oil sourced from a supply containing between 10% and 20% Eicosapentaenoic Acid (EPA) and between 10% and 14% Docosahexanoic Acid (DHA).

14. A food supplement provided in a capsule, in which each capsule includes substantially the following:

(a) Marine fish oil from 1 mg to 999 mg

(b) Total carotenes

a. Alpha-carotene from 30 mcg to 30 mg

b. Beta- carotene from 45 mcg to 45 mg

c. Other carotenes from 7 mcg to 7 mg

(c) Vitamin E from 79 mcg to 79 mg

a. Tocopherol from 15 mcg to 15 mg

b. Tocotrienols from 64 mcg to 64 mg

(d) Other ingredients

a. Phytosterols from 38 mcg to 38 mg

b. Squalene from 11 mcg to 11 mg

c. Co-enzyme Q 10 from 4 mcg to 4 mg

d. Palm oil from 593 mcg to 593 mg

(e) Omega-3 Fatty acids from 195 mcg to 800 mg

a. Eicosapentaenoic Acid (EPA) from 100 mcg to 800 mg

b. Docosahexanoic Acid (DHA) from 95 mcg to 400 mg.