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 ~~A~~ food supplement as claimed in claim 1, which includes no synthetic ingredients.

~~3. The A food supplement as claimed in claim 1 or claim 2, in which the components are of natural origin and of high purity.~~

3~~4~~. The ~~A~~ food supplement as claimed in any one of claims 1 to 2~~3~~; , in which the carotenoids from palm fruits include carotenes.

4~~5~~. The ~~A~~ food supplement as claimed in any one of claims 1 to 3~~4~~, in which the carotenoids from palm fruits and tocotrie~~e~~no~~i~~el from palm fruits are obtained from a Carotino mixed concentrate from palm fruits~~.~~

~~6. A food supplement as claimed in claim 5~~, in which the Carotino mixed concentrate from palm fruits is a natural tocotrienol (Vitamin E) and carotene oil complex derived from palm fruits.

5~~7~~. The ~~A~~ food supplement as claimed in claim 4~~5~~ ~~or claim 6~~, in which the Carotino mixed concentrate from palm fruits includes tocotrienols consisting of alpha-, beta-, gamma-and delta- tocotrienols.

6~~8~~. The ~~A~~ food supplement as claimed in any one of claims 4~~5~~ to 5~~7~~, in which the Carotino mixed concentrate from palm fruits includes a spectrum of carotenes, including ~~but consists predominantly of~~ alpha- and beta-carotenes.

7~~9~~. The ~~A~~ food supplement as claimed in any one of claims 4~~5~~ to 6~~8~~, 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~~10~~. The ~~A~~ food supplement as claimed in any one of claims 4~~5~~ to 7~~9~~, 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~~11~~. The ~~A~~ food supplement as claimed in any one of claims 4~~5~~ to 8~~10~~, 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~~12~~. The ~~A~~ food supplement as claimed in claim 9~~11~~, 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~~13~~. The ~~A~~ food supplement as claimed in claim 9~~11~~ or claim 10~~12~~, 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~~14~~. The ~~A~~ food supplement as claimed in any one of claims ~~4~~5 to 11~~13~~, 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~~15~~. The ~~A~~ food supplement as claimed in any one of the preceding claims, wherein ~~which includes~~ 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~~16~~. ~~A food supplement as claimed in any one of the preceding claims, which is provided in a capsule.~~

~~17. A food supplement as claimed in claim 16, in which the capsule has a content of 1000mg.~~

~~18.~~ A food supplement provided in a capsule ~~as claimed in claim 16 or claim 17~~, in which each capsule includes substantially the following:

(a) Marine fish oil from ~~850 mg, range~~ 1mg to 999mg

(b) Total carotenes ~~4.10 mg~~

a. Alpha-carotene from ~~1.52 mg: range~~ 30 mcg to 30 mg

b. Beta- carotene from ~~2.3 mg: range~~ 45 mcg to 45 mg

c. Other carotenes from ~~280 mcg: range~~ 7 mcg to 7 mg

(c) Vitamin E~~:~~from ~~14 mg: range~~ 79 mcg to 79 mg

a. Tocopherol from ~~2.8 mg: range~~ 15 mcg to 15 mg

b. Tocotrienols from ~~11.2 mg : range~~ 64 mcg to 64 mg

(d) Other ingredients~~:~~

a. Phytosterols from ~~1.9 mg: range~~ 38mcg to 38 mg

b. Squalene from ~~550 mcg: range~~ 11 mcg to 11 mg

c. Co-enzyme Q 10 from ~~200mcg: range~~ 4 mcg to 4 mg

d. Palm oil from ~~80 mg: range~~ 593 mcg to 593 mg

(e) Omega-3 Fatty acids from ~~:~~ ~~255 mg: range~~ 195mcg to 800 mg

a. Eicosapentaenoic Acid (EPA) from ~~153 mg: range~~ 100mcg to 800mg

b. Docosahexanoic Acid (DHA) from ~~102 mg: range~~ 95mcg to 400mg.

~~19. A food supplement as claimed in any one of the preceding claims, in which a daily dose of two 1000mg capsules of the food supplement containing 300mg Carotino mixed concentrate provides:~~

~~Alpha- carotene~~	~~3.04 mg~~
~~Beta- carotene~~	~~4.6 mg~~
~~Other carotenes~~	~~0.6 mg~~
~~Tocopherol~~	~~5.6 mg~~
~~Tocotrienol~~	~~22.4 mg~~

~~Phytosterol~~	~~3.9 mg~~
~~Squalene~~	~~1.1 mg~~
~~Co-enzyme Q 10~~	~~400 mcg~~
~~Eicosapentaenoic Acid (EPA)~~	~~306 mg~~
~~Docosahexanoic Acid (DHA)~~	~~204 mg~~

~~20. A food supplement substantially as hereinbefore described with reference to the examples.~~