

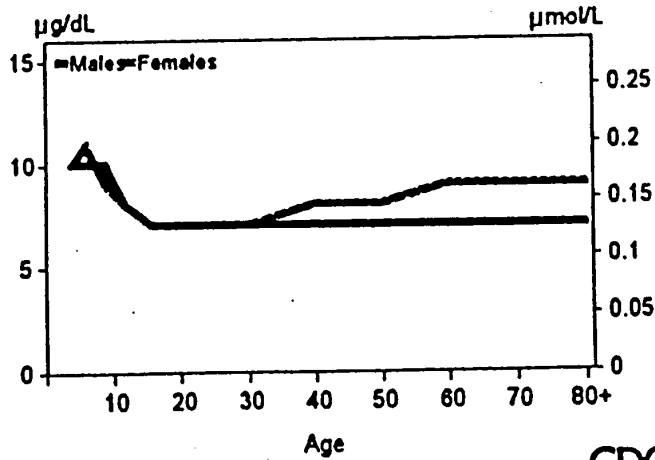
RDA's and % >70 not meeting.

(NHANES III, CSFII)

VITAMIN D	15µg	98%
Ca	1200mg	95%*
VITAMIN B6	1.7, 1.5µg	25%
VITAMIN B12	2.4µg	25%
VITAMIN C	90,75µg	25%

\*CSFII

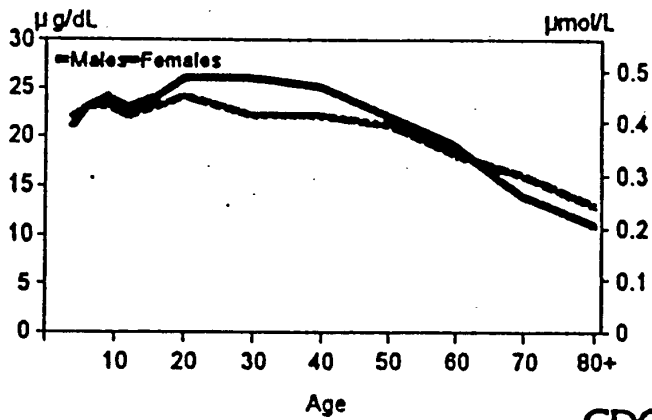
# Serum Beta-Cryptoxanthin



NHANES III (1998-1999) - Midars



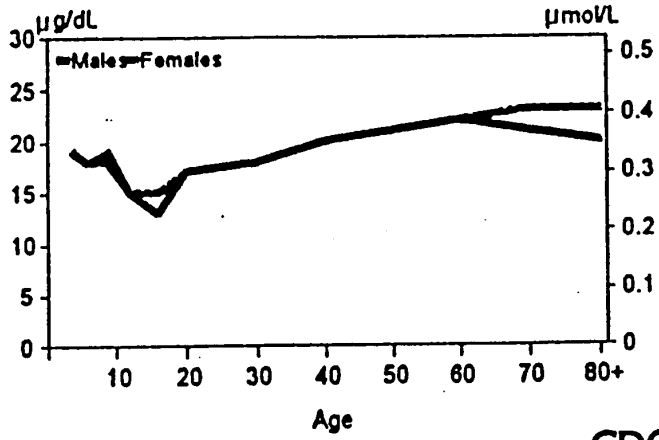
# Serum Lycopene



NHNES III (1988-1994) - Medians



# Serum Lutein/zeaxanthin



NHANES III (1988-1994) - Medians



PERCENT RISE (AUC) AS  
COMPARED TO PLACEBO (4 tablets)

		<u>P</u>
Folate	194%	<.001
Riboflavin	149%	<.001
Vitamin C	114%	<.005
Vitamin B12	107%	NS
Copper	99%	NS
Zinc	102%	NS

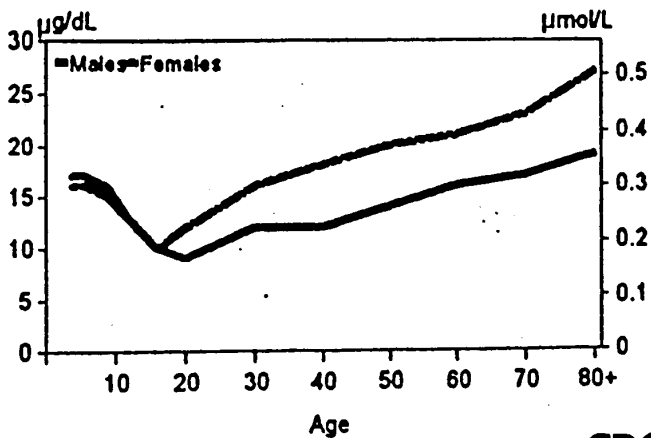
**BIOAVAILABILITY**

**DOSAGE**

VITAMIN B12 RDA = 2.4 µg/day

For people 51+ "it is advisable for most of this amount to be obtained by consuming foods fortified with B12 or a B12-containing supplement."

# Serum Beta-Carotene

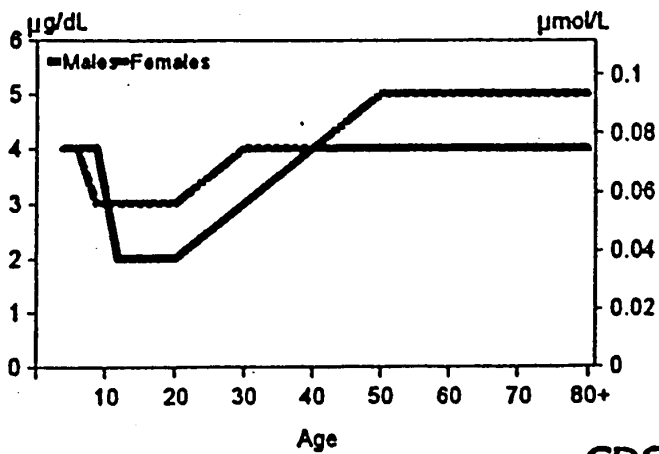


NHES III (1988-1994) - Males



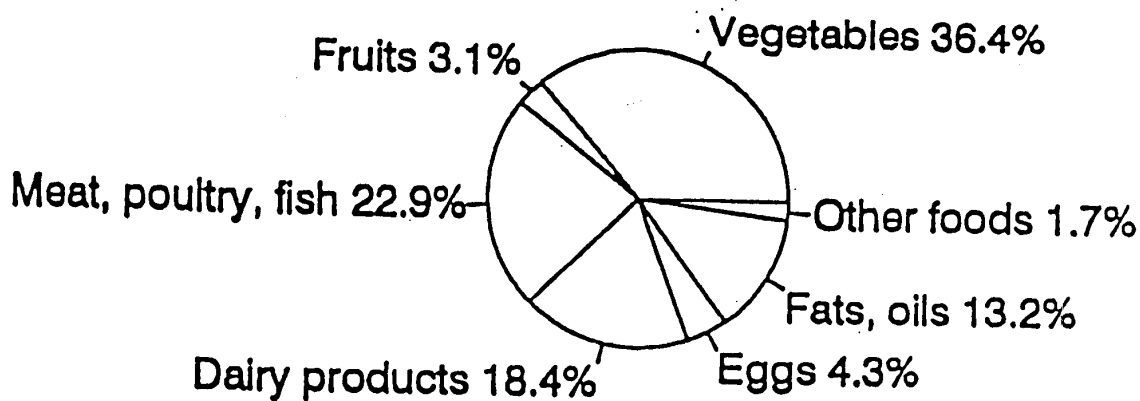


# Serum Alpha-Carotene



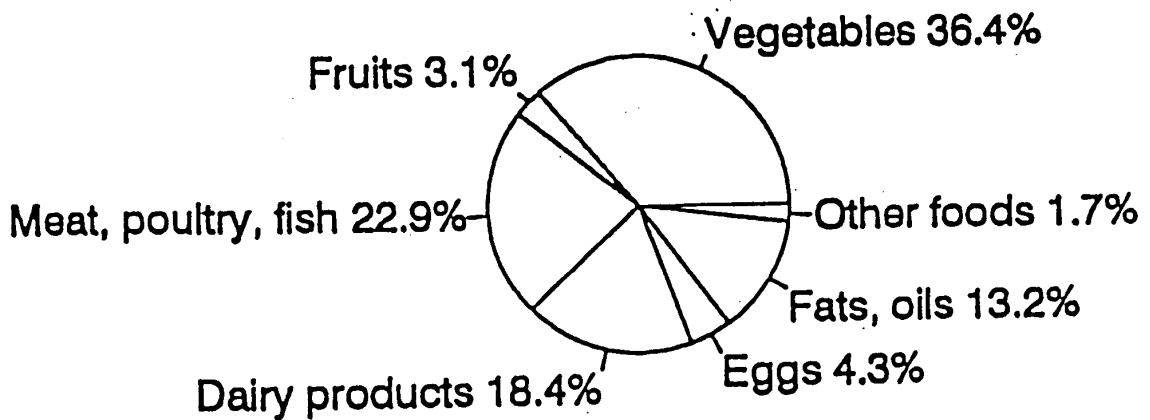
NHANES II (1988-1994) - Males





### Vitamin A

**NOTE:** The "other foods" category includes grain products (0.5%) and miscellaneous foods (1.2%).



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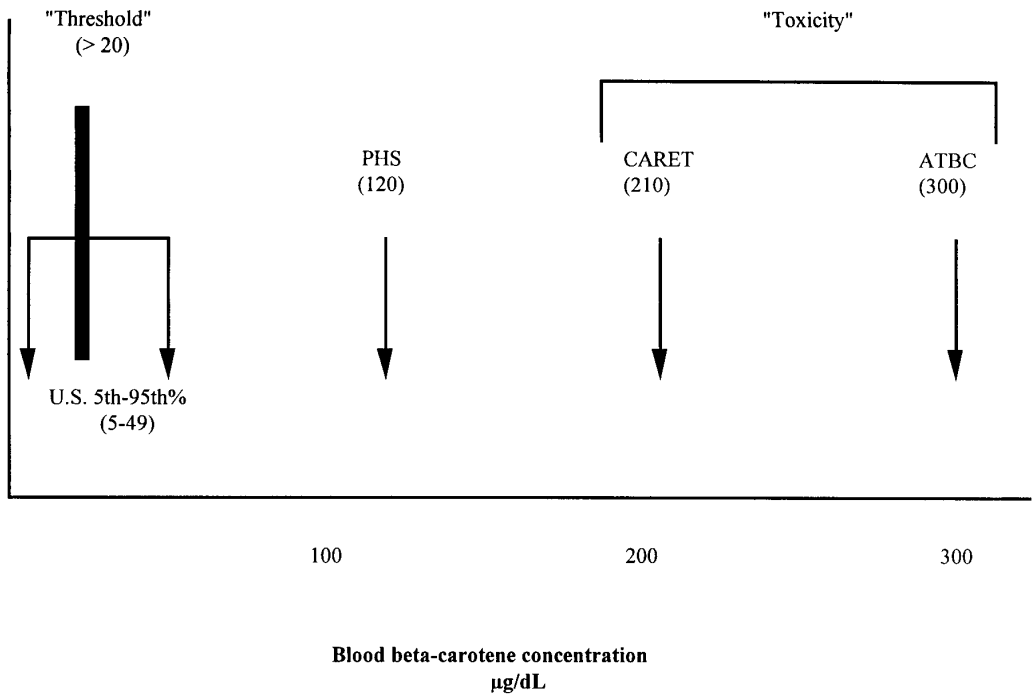


Figure 8. Beta-carotene toxicity (lung cancer promotion) as a function of plasma concentration. Levels below 20 µg/dL considered sub-optimal (see text).

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