

LifePak® Nano

Smidt. C.R., Mastaloudis, A., Poole, S.L., A double blind placebo study showing the effect of lifepak nano supplementation on skin carotenoid scores. Pharmanex In-house study, February 2006.

Albion Laboratories, Comparison of Calcium Absorption from Various Calcium-Containing Products in Healthy Human Adults: A Bioavailability Study. Albion In-House Study, November 2005.

Craft, N.E., Tucker, R.T., Chitchumroonchokchai, C., Failla, M.L., Bhagavan, H.N. Assessment of Coenzyme Q10 Bioavailability Using a Coupled in vitro Digestion/Caco-2 Human Intestinal Cell Model. FASEB Journal. 2005; 19(4): Abstract #281.6, A449.

Delmas D, Lancon A, Colin D, Jannin B, Latruffe N. Resveratrol as a chemopreventive agent: a promising molecule for fighting cancer. Curr Drug Targets. 2006 Apr;7(4):423-42. Review.

Abdulla, M., Behbehani, A., and Dashti, H. Dietary intake and bioavailability of trace elements. Biol.Trace Elem.Res. 21, 173-178. 1989.

Acuff RV, Thedford SS, Hidioglou NN, Papas AM, Odom TAJ. Relative bioavailability of RRR- and all-rac-alpha-tocopheryl acetate in humans: studies using deuterated compounds. Am.J.Clin.Nutr. 1994;60:397-402.

Acuff, R. V., Thedford, S. S., Hidioglou, N. N., Papas, A. M., and Odom Jr, T. A. Relative bioavailability of RRR- and all-rac-alpha-tocopheryl acetate in humans: studies using deuterated compounds. Am.J.Clin.Nutr. 60, 397-402. 1994.

Agarwal S, Rao AV. Tomato lycopene and low density lipoprotein oxidation: A human dietary intervention study. Lipids 1998;33:981-4.

Albertson AM, Tobelmann RC, Engstrom A, Asp EH. Nutrient intakes of 2- to 10-year-old American children: 10-year trends. J.Am.Diet.Assoc. 1992;92:1492-6.

Ali SM, Chakraborty SK. Role of plasma ascorbate in diabetic microangiopathy. Bangladesh.Med Res Councl.Bull. 1989;15:47-59.

Amaducci, L, Crook, TH, Lippi, A, et al. Use of phosphatidylserine in Alzheimer's Disease. Ann NY Acad Sci 1991;640:245-49.

Ames BN, Shigenaga MK, Hagen TM. Oxidants, antioxidants, and the degenerative diseases of aging. Proc.Natl.Acad.Sci.U.S.A. 1993;90:7915-22.

Ames BN. Micronutrient deficiencies - A major cause of DNA damage. Ann.NY

Acad.Sci. 1999;889:87-106.

Ames BN. Micronutrients prevent cancer and delay aging. *Toxicol.Lett.* 1998;102-103:5-18:5-18.

Andersen P, Godal HC. Predictable reduction in anticoagulant activity of warfarin by small amounts of vitamin K. *Acta Med Scand* 1975;198:269-70.

Anderson JW, Gowri MS, Turner J et al. Antioxidant supplementation effects on low-density lipoprotein oxidation for individuals with type 2 diabetes mellitus. *J.Am.Coll.Nutr.* 1999;18:451-61.

Anderson RA, Bryden NA, Polansky MM. Dietary chromium intake. Freely chosen diets, institutional diet, and individual foods. *Biol Trace Elem Res* 1992;32:117-21.

Anderson RA, Bryden NA, Polansky MM. Dietary intake of calcium, chromium, copper, iron, magnesium, manganese, and zinc: duplicate plate values corrected using derived nutrient intake. *J Am Diet Assoc* 1993;93:462-4.

Anderson RA, Cheng NZ, Bryden NA et al. Elevated intakes of supplemental chromium improve glucose and insulin variables in individuals with type 2 diabetes. *Diabetes* 1997;46:1786-91.

Anderson RA, Kozlovsky AS. Chromium intake, absorption and excretion of subjects consuming self-selected diets. *Am.J.Clin.Nutr.* 1985;41:1177-83.

Anderson RA. Chromium, glucose intolerance and diabetes. *J.Am.Coll.Nutr.* 1998;17:548-55.

Anderson, R. A., Polansky, M. M., Bryden, N. A., and Canary, J. J. Supplemental-chromium effects on glucose, insulin, glucagon, and urinary chromium losses in subjects consuming controlled low- chromium diets. *Am.J.Clin.Nutr.* 54(5), 909-916. 1991.

Androne L, Gavan NA, Veresiu IA, Orasan R. In vivo effect of lipoic acid on lipid peroxidation in patients with diabetic neuropathy. *In Vivo* 2000;14:327-30.

Appel LJ, Miller ER3rd, Seidler AJ, et al. Does supplementation of diet with 'fish oil' reduce blood pressure? A meta-analysis of controlled clinical trials. *Arch Intern Med.* 1993; 153: 1429–1438.

Arab L, Steck S. Lycopene and cardiovascular disease. *Am.J.Clin.Nutr.* 2000;71:1691S-5S.

Armstrong AM, Chestnutt JE, Gormley MJ, Young IS. The effect of dietary treatment on lipid peroxidation and antioxidant status in newly diagnosed noninsulin dependent

diabetes. *Free Radical Biol Med* 1996;21:719-26.

Arnesen E, Refsum H, Bonna KH, Ueland PM, Forde OH, Nordrehaug JE. Serum total homocysteine and coronary heart disease. *Int.J Epidemiol* 1995;24:704-9.

Azen SP, Qian DJ, Mack WJ et al. Effect of supplementary antioxidant vitamin intake on carotid arterial wall intima-media thickness in a controlled clinical trial of cholesterol lowering. *Circulation* 1996;94:2369-72.

Baghurst KI, Record SJ. The vitamin and mineral intake of a free-living young elderly Australian population in relation to total diet and supplementation practices. *Hum.Nutr Appl.Nutr* 1987;41:327-37.

Baik HW, Russell RM. Vitamin B12 deficiency in the elderly. *Annu.Rev.Nutr.* 1999;19:357-77.

Basly JP, Marre-Fournier F, Le Bail JC, Habrioux G, Chulia AJ, Estrogenic/antiestrogenic and scavenging properties of (E)- and (Z)-resveratrol. *Life Sciences* 2000 Jan 21;66(9):769-77.

Bates CJ, Pentieva KD, Prentice A, Mansoor MA, Finch S. Plasma pyridoxal phosphate and pyridoxic acid and their relationship to plasma homocysteine in a representative sample of British men and women aged 65 years and over. *Br.J.Nutr.* 1999;81:191-201.

Beck MA. Nutritionally induced oxidative stress: effect on viral disease. *Am.J.Clin.Nutr.* 2000;71:1676S-9S.

Belda JI, Romá J, Vilela C et al. Serum vitamin E levels negatively correlate with severity of age-related macular degeneration. *Mech Ageing Dev* 1999;107:159-64.

Belluzzi A, Brignola C, Campieri M, et al. Effect of an enteric-coated fish oil preparation on relapses in Crohn's disease. *N Engl J Med* 1996;334:1557-1560.

Bendich A, Langseth L. The health effects of vitamin C supplementation: A review. *J.Am.Coll.Nutr.* 1995;14:124-36.

Bendich A. Beta-carotene and immune response. *Proc.Nutr.Soc.* 1991;50:263-74.

Benton D, Haller J, Fordy J. The vitamin status of young British adults. *Int J Vitam.Nutr Res* 1997;67:34-40.

Berendschot TTJM, Goldbohm RA, Klöpping WAA, Van de Kraats J, Van Norel J, Van Norren D. Influence of lutein supplementation on macular pigment, assessed with two objective techniques. *Invest.Ophthalmol.Vis.Sci.* 2000;41:3322-6.

Berry RJ, Li Z, Erickson JD et al. Prevention of neural-tube defects with folic acid in

China. *N.Engl.J.Med.* 1999;341:1485-90.

Beyer RE. The role of ascorbate in antioxidant protection of biomembranes: Interaction with vitamin E and coenzyme Q. *J.Bioenerg.Biomembr.* 1994;26:349-58.

Biewenga GP, Haenen GR, BAST A. The role of lipoic acid in the treatment of diabetic polyneuropathy. *Drug Metab.Rev.* 1997;29:1025-54.

Binkley NC, Suttie JW. Vitamin K nutrition and osteoporosis. *J.Nutr.* 1995;125:1812-21.

Block G, Abrams B. Vitamin and mineral status of women of childbearing potential. *Ann.N.Y.Acad.Sci.* 1993;678:244-54.

Block G. Dietary guidelines and the results of food consumption surveys. *Am.J Clin.Nutr.* 1991;53:356S-7S.

Blostein-Fujii A, DiSilvestro RA, Frid D, Katz C, Malarkey W. Short-term zinc supplementation in women with non-insulin- dependent diabetes mellitus: Effects on plasma 5'-nucleotidase activities, insulin-like growth factor concentrations, and lipoprotein oxidation rates in vitro. *Am.J.Clin.Nutr.* 1997;66:639-42.

Boelsma E, Hendriks HF, Roza L. Nutritional skin care: health effects of micronutrients and fatty acids. *Am J Clin Nutr* 2001;73:853-864.

Bogden JD, Bendich A, Kemp FW et al. Daily micronutrient supplements enhance delayed-hypersensitivity skin test responses in older people. *Am.J Clin.Nutr.* 1994;60:437-47.

Bone RA, Landrum JT, Dixon Z, Chen Y, Llerena CM. Lutein and zeaxanthin in the eyes, serum and diet of human subjects. *Exp.Eye Res.* 2000;71:239-45.

Booth SL, Charnley JM, Sadowski JA, Saltzman E, Bovill EG, Cushman M. Dietary vitamin K-1 and stability of oral anticoagulation: Proposal of a diet with constant vitamin K-1 content. *Thrombosis and Haemostasis* 1997;77:504-9.

Borcea V, Nourooz-Zadeh J, Wolff SP et al. α -lipoic acid decreases oxidative stress even in diabetic patients with poor glycemic control and albuminuria. *Free Radic.Biol.Med.* 1999;26:1495-500.

Bouillon RA, Auwerx JH, Lissens WD, Pelemans WK. Vitamin D status in the elderly: seasonal substrate deficiency causes 1,25-dihydroxycholecalciferol deficiency. *Am.J.Clin.Nutr.* 1987;45:755-63.

Brattström L, Zhang Y, Hurtig M et al. A common methylenetetrahydrofolate reductase gene mutation and longevity. *Atherosclerosis* 1998;141:315-9.

Bravo L. Polyphenols: Chemistry, dietary sources, metabolism, and nutritional significance. *Nutrition reviews* 1998;56:317-33.

Brenna JT. Efficiency of conversion of alpha linolenic acid to long chain n-3 fatty acids in man. *Curr Opin Clin Nutr Metab Care* 2002;5:127-132.

Breslow RA, Subar AF, Patterson BH, Block G. Trends in food intake: The 1987 and 1992 National Health Interview Surveys. *Nutr.Cancer* 1997;28:86-92.

Brignola C, Belloli C, De Simone G, et al. Zinc supplementation restores plasma concentrations of zinc and thymulin in patients with Crohn's disease. *Aliment.Pharmacol.Ther.* 1993;7:275-80.

Bronner F. Calcium and osteoporosis. *Am.J.Clin.Nutr.* 1994;60:831-6.

Brönstrup A, Hages M, Prinz-Langenohl R, Pietrzik K. Effects of folic acid and combinations of folic acid and vitamin B-12 on plasma homocysteine concentrations in healthy, young women. *Am.J.Clin.Nutr.* 1998;68:1104-10.

Brouwer, I. A., van Duseldorp, M., Thomas, C. M. G., Duran, M., and Et Al. Low-dose folic acid supplementation decreases plasma homocysteine concentrations: a randomized trial. *Am.J.Clin.Nutr.* 69, 99-104. 1999.

Brown L, Rimm EB, Seddon JM et al. A prospective study of carotenoid intake and risk of cataract extraction in US men. *Am.J.Clin.Nutr.* 1999;70:517-24.

Brown RO, Forloines-Lynn S, Cross RE, Heizer WD. Chromium deficiency after long-term total parenteral nutrition. *Dig.Dis.Sci.* 1986;31:661-4.

Brun J-F, Guintrand-Hugret R, Fons C et al. Effects of oral zinc gluconate on glucose effectiveness and insulin sensitivity in humans. *Biol.Trace Elem.Res.* 1995;47:385-92.

Burdge GC, Jones AC, Wooton SA. Eicosapentaenoic and docosapentaenoic acids are the principle products of alpha-linolenic acid metabolism in young men. *Br J Nutr* 2002;88:355-363.

Burdge GC, Wooton SA. Conversion of alpha linolenic acid to eicosapentaenoic, docosapentaenoic and docosahexaenoic acid in young women. *Br J Nutr* 2002;88:411-420.

Burr ML, Fehily AM, Gilbert JF, et al. Effects of changes in fat, fish, and fibre intakes on death and myocardial reinfarction: diet and reinfarction trial (DART). *Lancet.* 1989; 2: 757-761.

Burr ML, Fehily AM. Fatty fish and heart disease: A randomized controlled trial. *World*

Rev Nutr Diet 1991;66:306-312.

Burton, G. W., Traber, M. G., Acuff, R. V., Walters, D. N., Kayden, H., Hughes, L., and Ingold, K. U. Human plasma and tissue alpha-tocopherol concentrations in response to supplementation with deuterated natural and synthetic vitamin E. *Am.J.Clin.Nutr.* 67(4), 669-684. 1998.

Cadenas S, Barja G, Resveratrol, melatonin, vitamin E, and PBN protect against renal oxidative DNA damage induced by the kidney carcinogen KBrO₃. *Free Radic Biol Med.* 1999 Jun;26(11-12):1531-7.

Cai QY, Rahn RO, Zhang RW. Dietary flavonoids, quercetin, luteolin and genistein, reduce oxidative DNA damage and lipid peroxidation and quench free radicals. *Cancer Letters* 1997;119:99-107.

Calder PC, Yaqoob P, Thies F, et al. Fatty acids and lymphocyte functions. *Br J Nutr* 2002;87(Suppl):S31-S48.

Calzada C, Bruckdorfer KR, Rice-Evans CA. The influence of antioxidant nutrients on platelet function in healthy volunteers. *Atherosclerosis* 1997;128:97-105.

Cappuccio FP, Elliott P, Allender PS, Pryer J, Follman DA, Cutler JA. Epidemiologic association between dietary calcium intake and blood pressure: A meta-analysis of published data. *Am.J.Epidemiol.* 1995;142:935-45.

Carlisle EM. Silicon as a trace nutrient. *Sci.Total.Environ.* 1988;73:95-106.

Carmel R. Current concepts in cobalamin deficiency. *Annu.Rev.Med.* 2000;51:357-75.

Carpenter KLH, Cheeseman KH, Van der Veen C, Taylor SE, Walker MK, Mitchinson MJ. Depletion of alpha-tocopherol in human atherosclerotic lesions. *Free Radic.Res.* 1995;23:549-58.

Carr AC, Zhu BZ, Frei B. Potential antiatherogenic mechanisms of ascorbate (vitamin C) and alpha-tocopherol (vitamin E). *Circ.Res.* 2000;87:349-54.

Ceriello A, Giugliano D, Quatraro A, Donzella C, Dipalo G, Lefebvre PJ. Vitamin E reduction of protein glycosylation in diabetes. New prospect for prevention of diabetic complications? *Diabetes Care* 1991;14:68-72.

Chakraborty SK. Plasma ascorbate status in newly diagnosed diabetics exhibiting retinopathy--a finding that alarms. *Bangladesh.Med Res Counc.Bull.* 1992;18:30-5.

Chan AC. Vitamin E and atherosclerosis. *J.Nutr.* 1998;128:1593-6.

Chandra RK. Nutrition and the immune system: An introduction. *Am.J.Clin.Nutr.*

1997;66:460S-3S.

Chapman and Hall. Unsaturated fatty acids: nutritional and physiological significance. British Nutrition Foundation. 1992. London

Chasan-Taber L, Willett WC, Seddon JM et al. A prospective study of carotenoid and vitamin A intakes and risk of cataract extraction in US women. *Am.J.Clin.Nutr.* 1999;70:509-16.

Chausmer AB. Zinc, insulin and diabetes. *J Am Coll Nutr* 1998;17:109-15.

Chavance M, Herbeth B, Fournier C, Janot C, Vernhes G. Vitamin status, immunity and infections in an elderly population. *Eur.J Clin Nutr* 1989;43:827-35.

Cheng NZ, Zhu XX, Shi HL et al. Follow-up survey of people in China with type 2 diabetes mellitus consuming supplemental chromium. *J.Trace Elem.Exp.Med.* 1999;12:55-60.

Chevion S, Hofmann M, Ziegler R, Chevion M, Nawroth PP. The antioxidant properties of thiocetic acid: Characterization by cyclic voltammetry. *Biochem.Mol.Biol.Int.* 1997;41:317-27.

Chiechi LM. Dietary phytoestrogens in the prevention of long-term postmenopausal diseases. *Int.J.Gynecol.Obstet.* 1999;67:39-40.

Chiu KM. Efficacy of calcium supplements on bone mass in postmenopausal women. *J.Gerontol.[A]* 1999;54:M275-M280.

Chopra M, O'Neill ME, Keogh N, Wortley G, Southon S, Thurnham DI. Influence of increased fruit and vegetable intake on plasma and lipoprotein carotenoids and LDL oxidation in smokers and nonsmokers. *Clinical Chemistry* 2000;46:1818-29.

Ciolino HP, Daschner PJ, Yeh GC, Resveratrol inhibits transcription of CYP1A1 in vitro by preventing activation of the aryl hydrocarbon receptor. *Cancer Res.* 1998 Dec 15;58(24):5707-12.

Ciolino HP, Yeh GC, Inhibition of aryl hydrocarbon-induced cytochrome P-450 1A1 enzyme activity and CYP1A1 expression by resveratrol. *Mol Pharmacol.* 1999 Oct;56(4):760-7.

Clementz GL, Schade SG. The spectrum of vitamin B12 deficiency. *Am Fam.Physician* 1990;41:150-62.

Colin A, Reggers J, Castronovo V, Anseau M. Lipids, depression and suicide. *Encephale* 2003;29:49-58.

- Collins AR, Olmedilla B, Southon S, Granado F, Duthie SJ. Serum carotenoids and oxidative DNA damage in human lymphocytes. *Carcinogenesis* 1998;19:2159-62.
- Connor SJ, Conner WE. Are fish oils beneficial in the prevention and treatment of coronary artery disease? *Am J Clin Nutr* 66(suppl):1020S-1031S, 1997.
- Conquer JA, Tierney MC, Zecevic J, et al. Fatty acid analysis of blood plasma of patients with Alzheimer's disease, other types of dementia, and cognitive impairment. *Lipids* 2000;35:1305-1312.
- Cooke MS, Evans MD, Podmore ID et al. Novel repair action of vitamin C upon in vivo oxidative DNA damage. *FEBS Lett.* 1998;439:363-7.
- Costello RB, Moser-Veillon PB. A review of magnesium intake in the elderly. A cause for concern? *Magnes.Res.* 1992;5:61-7.
- Cunningham JJ, Mearkle PL, Brown RG. Vitamin C: An aldose reductase inhibitor that normalizes erythrocyte sorbitol in insulin-dependent diabetes mellitus. *J.Am.Coll.Nutr.* 1994;13:344-50.
- Cunningham JJ. Micronutrients as nutraceutical interventions in diabetes mellitus. *J.Am.Coll.Nutr.* 1998;17:7-10.
- Cunningham JJ. The glucose/insulin system and vitamin C: implications in insulin-dependent diabetes mellitus. *J Am Coll Nutr* 1998;17:105-8.
- Cutler RG. Antioxidants and aging. *Am.J.Clin.Nutr.* 1991;53:373S-9S.
- Daly S, Mills JL, Molloy AM et al. Minimum effective dose of folic acid for food fortification to prevent neural-tube defects. *Lancet* 1997;350:1666-9.
- Danks DM. Copper deficiency in humans. *Ann.Rev.Nutr.* 1988;8:235-57.
- Davey PJ, Schulz M, Gliksman M, Dobson M, Aristides M, Stephens NG. Cost-effectiveness of vitamin E therapy in the treatment of patients with angiographically proven coronary narrowing (CHAOS trial). *Am.J.Cardiol.* 1998;82:414-7.
- Davidson MR, Maki KC, Kalkowski J, et al. Effects of docosahexaenoic acid on serum lipoproteins in patients with combined hyperlipidemia: A randomized, double-blind, placebo-controlled trial. *J Am Coll Nutr* 1997;16:236-243.
- De La Fuente M, Ferrández MD, Burgos MS, Soler A, Prieto A, Miquel J. Immune function in aged women is improved by ingestion of vitamins C and E. *Can.J.Physiol.Pharmacol.* 1998;76:373-80.
- Delcourt C, Cristol JP, Tessier F et al. Age-related macular degeneration and antioxidant

status in the POLA study. *Arch.Ophthalmol.* 1999;117:1384-90.

Delvin EE, Imbach A, Copti M. Vitamin D nutritional status and related biochemical indices in an autonomous elderly population. *Am.J.Clin.Nutr.* 1988;48:373-8.

Devaraj S, Jialal I. The effects of alpha-tocopherol on critical cells in atherogenesis. *Curr.Opin.Lipidol.* 1998;9:11-5.

Devasagayam TP, Subramanian M, Pradhan DS, Sies H. Prevention of singlet oxygen-induced DNA damage by lipoate. *Chem.Biol.Interact.* 1993;86:79-92.

Diamond T, Smerdely P, Kormas N, Sekel R, Vu T, Day P. Hip fracture in elderly men: the importance of subclinical vitamin D deficiency and hypogonadism. *Med J Aust.* 1998;169:138-41.

Diaz MN, Frei B, Vita JA, Keaney JFJ. Antioxidants and atherosclerotic heart disease. *N.Engl.J Med* 1997;337:408-16.

Dierkes J, Kroesen M, Pietrzik K. Folic acid and Vitamin B6 supplementation and plasma homocysteine concentrations in healthy young women. *Int.J Vitam.Nutr Res* 1998;68:98-103.

Dietary supplementation with n-3 polyunsaturated fatty acids and vitamin E after myocardial infarction: results of the GISSI-Prevenzione trial. Gruppo Italiano per lo Studio della Sopravvivenza nell'Infarto miocardico. *Lancet.* 1999; 354: 447-455.

Ding WJ, Chai ZF, Duan P, Feng WY, Qian QF. Serum and urine chromium concentrations in elderly diabetics. *Biological Trace Element Research* 1998;63:231-7.

D'Odorico A, Martines D, Kiechl S et al. High plasma levels of alpha- and beta-carotene are associated with a lower risk of atherosclerosis - Results from the Bruneck study. *Atherosclerosis* 2000;153:231-9.

Dowd P, Ham S-W, Naganathan S, Hershline R. The mechanism of action of vitamin K. *Annu.Rev.Nutr.* 1995;15:419-40.

Dragsted LO, Strube M, Leth T. Dietary levels of plant phenols and other non-nutritive components: Could they prevent cancer? *Eur.J.Cancer Prev.* 1997;6:522-8.

Dreosti IE. Nutrition, cancer, and aging. *Ann.NY Acad.Sci.* 1998;854:371-7.

Driskell JA, Clark AJ, Bazzarre TL et al. Vitamin B-6 status of southern adolescent girls. *J Am Diet Assoc* 1985;85:46-9.

Duntas L, Kemmer TP, Vorberg B, Scherbaum W. Administration of d-alpha-tocopherol

in patients with insulin-dependent diabetes mellitus.

Dupre JN, Keenan MJ, Hegsted M, Brudevold AM. Effects of dietary boron in rats fed a vitamin D-deficient diet. *Environ.Health Perspect.* 1994;102 Suppl 7:55-8.

Durlach J, Bac P, Bara M, Guiet-Bara A. Cardiovasoprotective foods and nutrients: possible importance of magnesium intake. *Magnes.Res.* 1999;12:57-61.

Durlach J, Bac P, Durlach V, Rayssiguier Y, Bara M, Guiet-Bara A. Magnesium status and ageing: An update. *Magnes.Res.* 1998;11:25-42.

Durlach J, Durlach V, Bac P, Rayssiguier Y, Bara M, Guiet-Bara A. Magnesium and ageing. II. Clinical data: Aetiological mechanisms and pathophysiological consequences of magnesium deficit in the elderly. *Magnes.Res.* 1993;6:379-94.

Duthie SJ, Collins AR, Duthie GG, Dodson VL. Quercetin and myricetin protect against hydrogen peroxide-induced DNA damage (strand breaks and oxidised pyrimidines) in human lymphocytes. *Mutat.Res.Genet.Toxicol.Environ.Mutagen.* 1997;393:223-31.

Duthie SJ, Ma A, Ross MA, Collins AR. Antioxidant supplementation decreases oxidative DNA damage in human lymphocytes. *Cancer Res.* 1996;56:1291-5.

Effect of vitamin and trace element supplementation on immune indices in healthy elderly. *Am.J Clin.Nutr.* 1991;53:90-4.

el-Yazigi A, Hannan N, Raines DA. Effect of diabetic state and related disorders on the urinary excretion of magnesium and zinc in patients. *Diabetes Res* 1993;22:67-75.

Elattar TM, Virji AS. The effect of red wine and its components on growth and proliferation of human oral squamous carcinoma cells. *Anticancer Res.* 1999 Nov-Dec;19(6B):5407-14.

Emken EA, Adlof RO, Gulley RM. Dietary linoleic acid influences desaturation and acylation of deuterium-labeled linoleic and linolenic acids in young adult males. *Biochem Biophys Acta.* 1994;1213:277-288.

Emsley R, Myburgh C, Oosthuizen P, van Rensburg SJ. Randomized, placebo-controlled study of ethy-eicosapentaenoic acid as supplemental treatment in schizophrenia. *Am J Psychiatry* 2002;159:1596-1598.

Endres S, Meydani SN, Dinarello CA. Effects of omega-3 fatty acid supplements on ex vivo synthesis of cytokines in human volunteers. *World Rev Nutr Diet* 1991;66:401-406.

Enstrom JE, Kanim LE, Klein MA. Vitamin C intake and mortality among a sample of the United States population. *Epidemiology* 1992;3:194-202.

Erickson KL, Medina EA, Hubbard NE. Micronutrients and innate immunity. *J.Infect.Dis.* 2000;182:S5-S10.

Eriksson J, Kohvakka A. Magnesium and ascorbic acid supplementation in diabetes mellitus. *Ann.Nutr.Metab.* 1995;39:217-23.

Eritsland J, Arnesen H, Gronseth K, et al. Effect of dietary supplementation with n-3 fatty acids on coronary artery bypass graft patency. *Am J Cardiol.* 1996; 77: 31–36.

Esterbauer H, Striegl G, Puhl H et al. The role of vitamin E and carotenoids in preventing oxidation of low density lipoproteins. *Ann.N.Y.Acad.Sci.* 1989;570:254-67.

Fenton WS, Dickerson F, Boronow J, et al. A placebo-controlled trial of omega-3 fatty acid (ethyl eicosapentaenoic acid) supplementation for residual symptoms and cognitive impairment in schizophrenia. *Am J Psychiatry* 2001;158:2071-2074.

Ferland G. The vitamin K-dependent proteins: an update. *Nutr Rev* 1998;56:223-30.

Ferslew KE, Acuff RV, Daigneault EA, Woolley TW, Stanton PEJ. Pharmacokinetics and bioavailability of the RRR and all racemic stereoisomers of alpha-tocopherol in humans after single oral administration. *J Clin Pharmacol.* 1993;33:84-8.

Fleming KH, Heimbach JT. Consumption of calcium in the U.S.: Food sources and intake levels. *J.Nutr.* 1994;124 Suppl.:1426S-30S.

Folkers K, Morita M, McRee J, Jr. The activities of coenzyme Q10 and vitamin B6 for immune responses. *Biochem.Biophys.Res.Comm.* 1993;193:88-92.

Folsom AR, Nieto FJ, McGovern PG et al. Prospective study of coronary heart disease incidence in relation to fasting total homocysteine, related genetic polymorphisms, and B vitamins: the Atherosclerosis Risk in Communities (ARIC) study. *Circulation* 1998;98:204-10.

Food and Nutrition Board and Institute of Medicine. Dietary Reference Intakes for Vitamin C, Vitamin E, Selenium and Carotenoids. (Advance Copy). 2000. Washington, D.C., National Academy Press.

Food and Nutrition Board and Institute of Medicine. Dietary Reference Intakes: Calcium, Phosphorus, Magnesium, Vitamin D, and Fluoride. Prepublication Copy. 1997. Washington, D.C., National Academy Press.

Food and Nutrition Board and Institute of Medicine. Dietary Reference Intakes: Thiamin, Riboflavin, Niacin, Vitamin B-6, Folate, Vitamin B-12, Pantothenic Acid, Biotin, and Choline. Prepublication Copy. 1998. Washington, D.C., National Academy Press.

Food and Nutrition Board, National Research Council. Recommended Dietary

Allowances. Washington, D.C.: National Academy Press, 1989.

Forceville X, Vitoux D, Gauzit R, Combes A, Lahilaire P, Chappuis P. Selenium, systemic immune response syndrome, sepsis, and outcome in critically ill patients. *Crit.Care Med.* 1998;26:1536-44.

Fotherby MD, Williams JC, Forster LA, Craner P, Ferns GA. Effect of vitamin C on ambulatory blood pressure and plasma lipids in older persons. *J.Hypertens.* 2000;18:411-5.

Fraga CG, Motchnik PA, Shigenaga MK, Helbock HJ, Jacob RA, Ames BN. Ascorbic acid protects against endogenous oxidative DNA damage in human sperm. *Proc Natl Acad.Sci.U.S A* 1991;88:11003-6.

Frankel E. Activity of wine and grape phenolic antioxidants in human LDL. *BioFactors* 1997;6:433-5.

Freeman MP. Omega-3 fatty acids in psychiatry: a review. *Ann Clin Psychiatry* 2000;12:159-165.

Frei B. Reactive oxygen species and antioxidant vitamins: Mechanisms of action. *Am.J.Med.* 1994;97 Suppl. 3A:5S-13S.

Freund H, Atamian S, Fischer JE. Chromium deficiency during total parenteral nutrition. *JAMA* 1979;241:496-8.

Friedburg CE, Janssen MJ, Heine RJ, Grobbee DE. Fish oil and glycemic control in diabetes. A meta-analysis. *Diabetes Care* 1998;21:494-500.

Friedrichson T, Kalbach HL, Buck P, van Kuijk FJ. Vitamin E in macular and peripheral tissues of the human eye. *Curr Eye Res* 1995;14:693-701.

Fuller CJ, Grundy SM, Norkus EP, Jialal I. Effect of ascorbate supplementation on low density lipoprotein oxidation in smokers. *Atherosclerosis* 1996;119:139-50.

Gadowsky SL, Gale K, Wolfe SA, Jory J, Gibson R, O'Connor DL. Biochemical folate, B12, and iron status of a group of pregnant adolescents accessed through the public health system in southern Ontario. *J.Adolesc.Health* 1995;16:465-74.

Gale CR, Martyn CN, Winter PD, Cooper C. Vitamin C and risk of death from stroke and coronary heart disease in cohort of elderly people. *Br.Med.J.* 1995;310:1563-6.

Gallagher JC. The role of vitamin D in the pathogenesis and treatment of osteoporosis. *J Rheumatol.Suppl* 1996;45:15-8.

Garcia-Garcia J, Micol V, de Godos A, Gomez-Fernandez JC, The cancer

chemopreventive agent resveratrol is incorporated into model membranes and inhibits protein kinase C alpha activity. *Arch Biochem Biophys.* 1999 Dec 15;372(2):382-8.

George JH, Brinsdon SC, Paulin JM, Aitken EF. What do young adolescent New Zealanders eat? Nutrient intakes of a nationwide sample of form 1 children. *N Z Med J* 1993;106:47-51.

Gerster H. Antioxidant vitamins in cataract prevention. *Z. Ernährungswiss.* 1989;28:56-75.

Gerster H. Can adults adequately convert alpha-linolenic acid (18:3n-3) to eicosapentaenoic acid (20:5n-3) and docosahexaenoic acid (22:6n-3)

Gerster H. Prevention of platelet dysfunction by vitamin E in diabetic atherosclerosis. *Z. Ernährungswiss.* 1993;32:243-61.

Gey KF. Vitamins E plus C and interacting conutrients required for optimal health. *BioFactors* 1998;7:113-74.

Gibson RS, MacDonald AC, Martinez OB. Dietary chromium and manganese intakes of a selected sample of Canadian elderly women. *Hum Nutr Appl. Nutr* 1985;39:43-52.

Gillman MW, Hood MY, Moore LL, Nguyen U-SDT, Singer MR, Andon MB. Effect of calcium supplementation on blood pressure in children. *J. Pediatr.* 1995;127:186-92.

Giovannucci E. Tomatoes, tomato-based products, lycopene, and cancer: Review of the epidemiologic literature. *J. Natl. Cancer Inst.* 1999;91:317-31.

Girodon F, Lombard M, Galan P et al. Effect of micronutrient supplementation on infection in institutionalized elderly subjects: A controlled trial. *Ann. Nutr. Metab.* 1997;41:98-107.

Gloth FM3, Gundberg CM, Hollis BW, Haddad JG, Jr., Tobin JD. Vitamin D deficiency in homebound elderly persons. *JAMA* 1995;274:1683-6.

Glynn SA, Albanes D. Folate and cancer: A review of the literature. *Nutr. Cancer* 1994;22:101-19.

Gokce N, Keaney JF, Jr., Frei B et al. Long-term ascorbic acid administration reverses endothelial vasomotor dysfunction in patients with coronary artery disease. *Circulation* 1999;101:342-6.

Goldbloom R, Battista RN, Anderson G et al. Periodic health examination, 1994 update: 3. Primary and secondary prevention of neural tube defects. *Can. Med. Assoc. J.* 1994;151:159-66.

Gonzalez-Gross M, Ortega RM, Andres P, Varela G. Riboflavin status in a group of

institutionalized elderly. *Int.J.Vitam.Nutr.Res.* 1991;61:120-4.

Graham, I. M., Daly, L. E., Refsum, H. M., et al. Plasma homocysteine as a risk factor for vascular disease. The European Concerted Action Project. *JAMA* 277(22), 1775-1781. 6-11-1997.

Graumlich JF, Ludden TM, Conry-Cantilena C, Cantilena LR, Jr., Wang YH, Levine M. Pharmacokinetic model of ascorbic acid in healthy male volunteers during depletion and repletion. *Pharm.Res.* 1997;14:1133-9.

Griffith LE, Guyatt GH, Cook RJ, Bucher HC, Cook DJ. The influence of dietary and nondietary calcium supplementation on blood pressure - An updated metaanalysis of randomized controlled trials. *Am.J.Hypertens.* 1999;12:84-92.

Guilland JC, Penaranda T, Gallet C, Boggio V, Fuchs F, Klepping J. Vitamin status of young athletes including the effects of supplementation. *Med.Sci.Sports Exerc.* 1989;21:441-9.

Gullestad L, Nes M, Ronneberg R, Midtvedt K, Falch D, Kjekshus J. Magnesium status in healthy free-living elderly Norwegians. *J.Am.Coll.Nutr.* 1994;13:45-50.

Gupta RK, Bhattacharya SK, Sundar S, Kumar K, Kachhawaha JS, Sen PC. A correlative study of serum zinc and in vivo cell mediated immune status in rheumatic heart disease. *Acta Cardiol.* 1996;47:297-304.

Haag M. Essential fatty acids and the brain. *Can J Psychiatry* 2003;48:195-203.

Haak ES, Usadel KH, Kohleisen M, Yilmaz A, Kusterer K, Haak T. The effect of alpha-lipoic acid on the neurovascular reflex arc in patients with diabetic neuropathy assessed by capillary microscopy. *Microvasc.Res.* 1999;58:28-34.

Haegele AD, Gillette C, O'Neill C et al. Plasma xanthophyll carotenoids correlate inversely with indices of oxidative DNA damage and lipid peroxidation. *Cancer Epidemiol.Biomarkers Prev.* 2000;9:421-5.

Hagen TM, Ingersoll RT, Lykkesfeldt J et al. (R)-alpha-lipoic acid-supplemented old rats have improved mitochondrial function, decreased oxidative damage, and increased metabolic rate. *FASEB J.* 1999;13:411-8.

Hagen TM, Wehr CM, Ames BN. Mitochondrial decay in aging. *Ann NY Acad Sci* 1998;854:214-23.

Haglund O, et al. The effect of fish oil on triglycerides, cholesterol, fibrinogen and malondialdehyde in humans supplemented with vitamin E. *J Nutr* 1991;121:165-169.

Haller J, Lowik MR, Ferry M, Ferro-Luzzi A. Nutritional status: blood vitamins A, E, B6,

B12, folic acid and carotene. Euronut SENECA investigators. *Eur.J.Clin.Nutr.* 1991;45 Suppl 3:63-82.

Hamazaki T, Sawazaki S, Itomura M, et al. The effect of docosahexaenoic acid on aggression in young adults. A placebo-controlled double-blind study. *J Clin Invest* 1996;1129-1133.

Hambidge M. Human zinc deficiency. *J.Nutr.* 2000;130:1344S-9S.

Hankinson SE, Stampfer MJ, Seddon JM et al. Nutrient intake and cataract extraction in women: a prospective study. *Brit.Med.J.* 1992;305:335-9.

Harris WS, Rambjor GS, Windsor SL, Diederich D. N-3 fatty acids and urinary excretion of nitric oxide metabolites in humans. *Am J Clin Nutr* 1997;65:459-464.

Harris WS. Fish oils and plasma lipid and lipoprotein metabolism in humans: a critical review. *J Lipid Res* 30:785-805, 1989.

Harris WS. n-3 Fatty acids and serum lipoproteins: human studies. *Am J Clin Nutr.* 1997; 65 (5 Suppl): 1645S–1654S.

Hartmann A, Niess AM, Grunert-Fuchs M, Poch B, Speit G. Vitamin E prevents exercise-induced DNA damage. *Mutat.Res* 1995;346:195-202.

Hathcock, J. N. *Vitamin and Mineral Safety.* 1997. Washington, DC, Council for Responsible Nutrition.

He K, Rimm EB, Merchant A, et al. Fish consumption and risk of stroke in men. *JAMA* 2002;288:3130-3136.

Hegsted M, Keenan MJ, Siver F, Wozniak P. Effect of boron on vitamin D deficient rats. *Biol.Trace Elem.Res.* 1991;28:243-55.

Hemila H. Vitamin C and common cold incidence: a review of studies with subjects under heavy physical stress. *Int.J Sports Med* 1996;17:379-83.

Hemila H. Vitamin C intake and susceptibility to the common cold. *British J.Nutr.* 1997;77:59-72.

Hennekens CH, Buring JE, Manson JE et al. Lack of effect of long-term supplementation with beta carotene on the incidence of malignant neoplasms and cardiovascular disease. *N.Engl.J Med.* 1996;334:1145-9.

Herbert V, Das KC. Folic Acid and Vitamin B12. In: Shils ME, Olson JA, Shike M, eds. *Modern Nutrition in Health and Disease.* Philadelphia: Lea & Febiger 1988:388-416.

Hertog MG, Feskens EJ, Hollman PC, Katan MB, Kromhout D. Dietary antioxidant flavonoids and risk of coronary heart disease: the Zutphen Elderly Study. *Lancet* 1993;342:1007-11.

Hertog MG, Kromhout D, Aravanis C et al. Flavonoid intake and long-term risk of coronary heart disease and cancer in the seven countries study [published erratum appears in *Arch Intern Med* 1995 Jun 12;155(11):1184]. *Arch.Intern.Med* 1995;155:381-6.

Hirai N, Kawano H, Hirashima O et al. Insulin resistance and endothelial dysfunction in smokers: effects of vitamin C. *Am.J.Physiol.Heart Circ.Physiol.* 2000;279:H1172-H1178.

Hirashima O, Kawano H, Motoyama T et al. Improvement of endothelial function and insulin sensitivity with vitamin C in patients with coronary spastic angina - Possible role of reactive oxygen species. *J.Am.Coll.Cardiol.* 2000;35:1860-6.

Hirata, F, Axelrod, J. Phospholipid methylation and biological signal transmission. *Science* 1980;209:1082-90.

Hodgson JM, Proudfoot JM, Croft KD, Puddey IB, Mori TA, Beilin LJ. Comparison of the effects of black and green tea on in vitro lipoprotein oxidation in human serum. *J.Sci.Food Agric.* 1999;79:561-6.

Holick, M. F. Environmental factors that influence the cutaneous production of vitamin D. *Am.J.Clin.Nutr.* 61 Suppl., 638S-645S. 1995.

Holmes-McNary M, Baldwin AS Jr, Chemopreventive properties of trans-resveratrol are associated with inhibition of activation of the I κ B kinase. *Cancer Res.* 2000 Jul 1;60(13):3477-83.

Holvoet P, Collen D. Oxidized lipoproteins in atherosclerosis and thrombosis. *FASEB J.* 1994;8:1279-84.

Honorat J, Accominotti M, Broussolle C, Fleuret AC, Vallon JJ, Orgiazzi J. Effects of diabetes type and treatment on zinc status in diabetes mellitus. *Biol Trace Elem.Res* 1992;32:311-6.

Horrobin DF, Jenkins K, Bennett CN, Christie WW. Eicosapentaenoic acid and arachidonic acid: collaboration and not antagonism is the key to biological understanding. *Prostaglandins Leukot Essent Fatty Acids* 2002;66:83-90.

Hsieh T, Halicka D, Lu X, Kunicki J, Guo J, Darzynkiewicz Z, Wu J. Effects of resveratrol on the G(0)-G(1) transition and cell cycle progression of mitogenically stimulated human lymphocytes. *Biochem Biophys Res Commun.* 2002 Oct 11;297(5):1311-7.

Hu JJ, Chi CX, Frenkel K et al. alpha-tocopherol dietary supplement decreases titers of

antibody against 5-hydroxymethyl-2'-deoxyuridine (HMdU). *Cancer Epidemiol.Biomarkers Prev.* 1999;8:693-8.

Huang HE, Helzlsouer KJ, Appel LJ. The effects of vitamin C and vitamin E on oxidative DNA damage: Results from a randomized controlled trial. *Cancer Epidemiol.Biomarkers Prev.* 2000;9:647-52.

Hughes DA, Wright AJ, Finglas PM et al. The effect of beta-carotene supplementation on the immune function of blood monocytes from healthy male nonsmokers. *J Lab.Clin Med* 1997;129:309-17.

Hunt C, Chakravorty NK, Annan G, Habibzadeh N, Schorah CJ. The clinical effects of vitamin C supplementation in elderly hospitalised patients with acute respiratory infections. *Int J Vitam.Nutr Res* 1994;64:212-9.

Hunt CD. The biochemical effects of physiologic amounts of dietary boron in animal nutrition models. *Environ.Health Perspect.* 1994;102 Suppl 7:35-43.

Iribarren C, Folsom AR, Jacobs DR, Jr., Gross MD, Belcher JD, Eckfeldt JH. Association of serum vitamin levels, LDL susceptibility to oxidation, and autoantibodies against MDA-LDL with carotid atherosclerosis - A case-control study. *Arterioscler.Thromb.Vasc.Biol.* 1997;17:1171-7.

Ishikawa T, Suzukawa M, Ito T et al. Effect of tea flavonoid supplementation on the susceptibility of low-density lipoprotein to oxidative modification. *Am.J.Clin.Nutr.* 1997;66:261-6.

Iso H, Rexrode HM, Stampfer MJ, et al. Intake of fish and omega-3 fatty acids and risk of stroke in women. *JAMA* 2001;304-312.

Itoh K, Kawasaka T, Nakamura M. The effects of high oral magnesium supplementation on blood pressure, serum lipids and related variables in apparently healthy Japanese subjects. *Br.J.Nutr.* 1997;78:737-50.

Jackson MJ, Jackson MJ, McArdle F et al. Effects of micronutrient supplements on u.v.-induced skin damage. *Proc.Nutr.Soc* 2002;61:187-9.

Jacob RA. Vitamin C nutrition and risk of atherosclerotic heart disease. *Nutrition reviews* 1998;56:334-7.

Jacques PF, Chylack LTJ. Epidemiologic evidence of a role for the antioxidant vitamins and carotenoids in cataract prevention. *Am.J.Clin.Nutr.* 1991;53:352S-5S.

Jacques PF, Taylor A, Hankinson SE et al. Long-term vitamin C supplement use and prevalence of early age-related lens opacities. *Am.J.Clin.Nutr.* 1997;66:911-6.

Jacques PF. Effects of vitamin C on high-density lipoprotein cholesterol and blood pressure. *J Am Coll Nutr* 1992;11:139-44.

Jain S, Gaiha M, Bhattacharjee J, Anuradha S. Effects of low-dose omega-3 fatty acid substitution in type 2 diabetes mellitus with special reference to oxidative stress—a prospective preliminary study. *J Assoc Physicians India* 2002;50:1028-1033.

Jain SK, Krueger KS, McVie R, Jaramillo JJ, Palmer M, Smith T. Relationship of blood thromboxane-B2 (TxB2) with lipid peroxides and effect of vitamin E and placebo supplementation on TxB2 and lipid peroxide levels in type 1 diabetic patients. *Diabetes Care* 1998;21:1511-6.

Jain SK, McVie R, Jaramillo JJ, Palmer M, Smith T. Effect of modest vitamin E supplementation on blood glycated hemoglobin and triglyceride levels and red cell indices in type I diabetic patients. *J Am Coll Nutr* 1996;15:458-61.

Jain SK. Should high-dose vitamin E supplementation be recommended to diabetic patients? *Diabetes Care* 1999;22:1242-4.

James MJ, Gibson RA, Cleland LG. Dietary polyunsaturated fatty acids and inflammatory mediator production. *Am J Clin Nutr* 2000;71:343S-348S.

Janelle KC, Barr SI. Nutrient intakes and eating behavior scores of vegetarian and nonvegetarian women. *J Am Diet Assoc* 1995;95:180-6, 189, quiz.

Jang M, Pezzuto JM. Cancer chemopreventive activity of resveratrol. *Drugs Exp Clin Res.* 1999;25(2-3):65-77.

Jayachandran M, Panneerselvam C. Cellular immune responses to vitamin C supplementation in ageing humans assessed by the in vitro leucocyte migration inhibition test. *Med.Sci.Res.* 1998;26:227-30.

Jeejeebhoy KN, Chu RC, Marliss EB, Greenberg GR, Bruce-Robertson A. Chromium deficiency, glucose intolerance, and neuropathy reversed by chromium supplementation, in a patient receiving long-term total parenteral nutrition. *Am.J.Clin.Nutr.* 1977;30:531-8.

Jeejeebhoy KN. Chromium and parenteral nutrition. *J.Trace Elem.Exp.Med.* 1999;12:85-9.

Jialal I, Fuller CJ. Effect of vitamin E, vitamin C and beta-carotene on LDL oxidation and atherosclerosis. *Can J Cardiol* 1995;11 Suppl G:97G-103G.

Johnson MK, Loo G. Effects of epigallocatechin gallate and quercetin on oxidative damage to cellular DNA. *Mutat.Res.DNA Repair* 2000;459:211-8.

Joosten E, van den Berg A, Riezler R et al. Metabolic evidence that deficiencies of

vitamin B-12 (cobalamin), folate, and vitamin B-6 occur commonly in elderly people. *Am.J.Clin.Nutr.* 1993;58:468-76.

Joy CB, Mumby-Croft R, Joy LA. Polyunsaturated fatty acid (fish or evening primrose oil) for schizophrenia. *Cochrane Databse Syst Rev* 2000;CD001257.

JSS Medical Research, Inc. Evaluation of the effects of Neptune Krill Oil™ on the management of hyperlipidemia. June 7, 2003.

JSS Medical Research, Inc. Evaluation of the effects of Neptune Krill Oil™ on UV Induced Skin Cancer. 2003.

Julius U. Fat modification in the diabetes diet. *Exp Clin Endocrinol Diabetes* 2003;111:60-65.

Justesen U, Knuthsen P, Leth T. Determination of plant polyphenols in Danish foodstuffs by HPLC- UV and LC-MS detection. *Cancer Letters* 1997;114:165-7.

Kant AK, Schatzkin A, Block G, Ziegler RG, Nestle M. Food group intake patterns and associated nutrient profiles of the US population. *J.Am.Diet.Assoc.* 1991;91:1532-7.

Kant AK, Schatzkin A. Consumption of energy-dense, nutrient-poor foods by the US population: effect on nutrient profiles. *J.Am.Coll.Nutr.* 1994;13:285-91.

Kant, A. K. and Block, G. Dietary vitamin B-6 intake and food sources in the US population: NHANES II, 1976-1980. *Am.J.Clin.Nutr.* 52(4), 707-716. 1990.

Kapiotis S, Hermann M, Held I, Seelos C, Ehringer H, Gmeiner BM. Genistein, the dietary-derived angiogenesis inhibitor, prevents LDL oxidation and protects endothelial cells from damage by atherogenic LDL. *Arterioscler.Thromb.Vasc.Biol.* 1997;17:2868-74.

Karlson, B., Leijd, B., and Hellstrom, K. On the influence of vitamin K-rich vegetables and wine on the effectiveness of warfarin treatment. *Acta Med Scand* 220(4), 347-350. 1986.

Kaufman JM. Role of calcium and vitamin D in the prevention and the treatment of postmenopausal osteoporosis: an overview. *Clin Rheumatol.* 1995;14 Suppl 3:9-13.

Kaufmann PA, Gneccchi-Ruscione T, Di Terlizzi M, Schäfers KP, Lüscher TF, Camici PG. Coronary heart disease in smokers - Vitamin C restores coronary microcirculatory function. *Circulation* 2000;102:1233-8.

Kawano Y, Matsuoka H, Takishita S, Omae T. Effects of magnesium supplementation in hypertensive patients: assessment by office, home, and ambulatory blood pressures.

Hypertension 1998;32:260-5.

Kawano Y, Yoshimi H, Matsuoka H, Takishita S, Omae T. Calcium supplementation in patients with essential hypertension: assessment by office, home and ambulatory blood pressure. *J.Hypertens.* 1998;16:1693-9.

Keen CL, Gershwin ME. Zinc deficiency and immune function. *Annu.Rev.Nutr.* 1990;10:415-31.

Keli SO, Hertog MG, Feskens EJ, Kromhout D. Dietary flavonoids, antioxidant vitamins, and incidence of stroke: the Zutphen study. *Arch.Intern.Med* 1996;156:637-42.

Kessenich CR, Rosen CJ. Vitamin D and bone status in elderly women. *Orthop.Nurs.* 1996;15:67-71.

Khan LA, Alam AMS, Ali L et al. Serum and urinary magnesium in young diabetic subjects in Bangladesh. *Am.J.Clin.Nutr.* 1999;69:70-3.

Khanna S, Atalay M, Laaksonen DE, Gul M, Roy S, Sen CK. alpha-lipoic acid supplementation: tissue glutathione homeostasis at rest and after exercise. *J.Appl.Physiol.* 1999;86:1191-6.

Kim Y. Folate and cancer prevention: A new medical application of folate beyond hyperhomocysteinemia and neural tube defects. *Nutrition reviews* 1999;57:314-21.

Kim Y-I. Folate and carcinogenesis: Evidence, mechanisms, and implications. *J.Nutr. Biochem* 1999;10:66-88.

Kinsella J, Lokesh B, Stone R. Dietary n-3 polyunsaturated fatty acids and amelioration of cardiovascular disease: possible mechanisms. *Am J Clin Nutr* 1990;52:1-28.

Klaunig JE, Xu Y, Han C et al. The effect of tea consumption on oxidative stress in smokers and nonsmokers. *Proc Soc Exp Biol Med* 1999;220:249-54.

Klevay LM. Cardiovascular disease from copper deficiency - A history. *J.Nutr.* 2000;130:489S-92S.

Knekt P, Heliovaara M, Rissanen A, Aromaa A, Aaran RK. Serum antioxidant vitamins and risk of cataract. *Brit.Med.J.* 1992;305:1392-4.

Knekt P, Jarvinen R, Reunanen A, Maatela J. Flavonoid intake and coronary mortality in Finland: a cohort study. *Brit.Med.J.* 1996;312:478-81.

Knekt P, Reunanen A, Järvinen R et al. Antioxidant vitamin intake and coronary mortality in a longitudinal population study. *Am.J.Epidemiol.* 1994;139:1180-9.

- Kohlmeier L, Hastings SB. Epidemiologic evidence of a role of carotenoids in cardiovascular disease prevention. *Am.J.Clin.Nutr.* 1995;62:1370S-6S.
- Kono S, Shinci K, Ikeda N, Yanai F, Imanishi K. Green tea consumption and serum lipid profiles: a cross-sectional study in northern Kyushu, Japan. *Prev.Med.* 1992;21:526-31.
- Kontush A, Spranger T, Reich A, Baum K, Beisiegel U. Lipophilic antioxidants in blood plasma as markers of atherosclerosis: the role of alpha-carotene and gamma-tocopherol. *Atherosclerosis* 1999;144:117-22.
- Krauss RM et al. AHA Dietary Guidelines. Revision 2000: A statement for healthcare professionals from the nutrition committee of the American Heart Association. *Circ.* 2000;102:2296-2311.
- Kremer JM, Jubiz W, Michalek A, et al. Fish-oil fatty acid supplementation in active rheumatoid arthritis. *Ann Int Med* 1987;106:497-503.
- Kremer JM, Robinson DR. Studies of dietary supplementation with omega-3 fatty acids in patients with rheumatoid arthritis. *World Rev Nutr Diet* 1991;66:367-382.
- Kremer JM. Effects of modulation of inflammatory and immune parameters in patients with rheumatic and inflammatory disease receiving dietary supplementation of n-3 and n-6 fatty acids. *Lipids* 1996;31:S243-S247.
- Kris-Etherton PM, Taylor DS, Yu-Poth S, et al. Polyunsaturated fatty acids in the food chain the United States. *Am J Clin Nutr.* 2000;71(1 Suppl):179S-188S.
- Kritchevsky SB, Shimakawa T, Tell GS et al. Dietary antioxidants and carotid artery wall thickness. The ARIC Study. *Atherosclerosis Risk in Communities Study. Circulation* 1995;92:2142-50.
- Kritchevsky SB, Tell GS, Shimakawa T et al. Provitamin A carotenoid intake and carotid artery plaques: the Atherosclerosis Risk in Communities Study. *Am.J.Clin.Nutr.* 1998;68:726-33.
- Kritchevsky SB. Beta-carotene, carotenoids and the prevention of coronary heart disease. *J.Nutr.* 1999;129:5-8.
- Kumpulainen JT. Chromium content of foods and diets. *Biol Trace Elem Res* 1992;32:9-18.
- Kunisaki M, Umeda F, Inoguchi T, Watanabe J, Nawata H. Effects of vitamin E administration on platelet function in diabetes mellitus. *Diabetes Res* 1990;14:37-42.
- Lachance P. Dietary intake of carotenes and the carotene gap. *Clin.Nutr.* 1988;7:118-22.

- Laugharne JD, Mellor JE, Peet M. Fatty acids and schizophrenia. *Lipids* 1996;31 Suppl:S163-S165.
- Laurant P, Touyz RM. Physiological and pathophysiological role of magnesium in the cardiovascular system: implications in hypertension. *J.Hypertens.* 2000;18:1177-91.
- Lean ME, Noroozi M, Kelly I et al. Dietary flavonols protect diabetic human lymphocytes against oxidative damage to DNA. *Diabetes* 1999;48:176-81.
- Leanderson P, Faresjö ÅO, Tagesson C. Green tea polyphenols inhibit oxidant-induced DNA strand breakage in cultured lung cells. *Free Radical Biol Med* 1997;23:235-42.
- Lee BM, Lee SK, Kim HS. Inhibition of oxidative DNA damage, 8-OHdG, and carbonyl contents in smokers treated with antioxidants (vitamin E, vitamin C, beta-carotene and red ginseng). *Cancer Letters* 1998;132:219-27.
- Lee WTK, Leung SSF, Leung DMY, Tsang HSY, Lau J, Cheng JCY. A randomized double-blind controlled calcium supplementation trial, and bone and height acquisition in children. *Br.J.Nutr.* 1995;74:125-39.
- Lenaz G, D'Aurelio M, Pich MM et al. Mitochondrial bioenergetics in aging. *Biochim.Biophys.Acta Bio-Energetics* 2000;1459:397-404.
- Leske MC, Chylack LT, Jr., He QM et al. Antioxidant vitamins and nuclear opacities - The longitudinal study of cataract. *Ophthalmology* 1998;105:831-6.
- Lesourd BM. Nutrition and immunity in the elderly: Modification of immune responses with nutritional treatments. *Am.J.Clin.Nutr.* 1997;66:478S-84S.
- Levander OA, Beck MA. Selenium and viral virulence. *Br.Med.Bull.* 1999;55:528-33.
- Levine GN, Frei B, Koulouris SN, Gerhard MD, Keaney JFJ, Vita JA. Ascorbic acid reverses endothelial vasomotor dysfunction in patients with coronary artery disease. *Circulation* 1996;93:1107-13.
- Levine M, Conry-Cantilena C, Wang Y et al. Vitamin C pharmacokinetics in healthy volunteers: evidence for a recommended dietary allowance. *Proc Natl.Acad.Sci U S A* 1996;93:3704-9.
- Lewis CJ, Crane NT, Wilson DB, Yetley EA. Estimated folate intakes: data updated to reflect food fortification, increased bioavailability, and dietary supplement use. *Am.J.Clin.Nutr.* 1999;70:198-207.
- Lichton IJ. Dietary intake levels and requirements of Mg and Ca for different segments of the U.S. population. *Magnesium* 1989;8:117-23.

Lijnen P, Petrov V. Dietary calcium, blood pressure and cell membrane cation transport systems in males. *J.Hypertens.* 1995;13:875-82.

Lima MD, Cruz T, Pousada JC, Rodrigues LE, Barbosa K, Canguçu V. The effect of magnesium supplementation in increasing doses on the control of type 2 diabetes. *Diabetes Care* 1998;21:682-6.

Lindenbaum J, Rosenberg IH, Wilson PW, Stabler SP, Allen RH. Prevalence of cobalamin deficiency in the Framingham elderly population. *Am.J.Clin.Nutr.* 1994;60:2-11.

Linseisen J, Radtke J, Wolfram G. Flavonoid intake of adults in a Bavarian subgroup of the national food consumption survey. *Z.Ernahrungswiss.* 1997;36:403-12.

Looker AC, Harris TB, Madans JH, Sempos CT. Dietary calcium and hip fracture risk: the NHANES I Epidemiologic Follow-Up Study. *Osteoporos Int* 1993;3:4-84.

Low PA, Nickander KK, Tritschler HJ. The roles of oxidative stress and antioxidant treatment in experimental diabetic neuropathy. *Diabetes* 1997;46:S38-S42.

Lowik MR, Schrijver J, Odink J, van den Berg H, Wedel M. Long-term effects of a vegetarian diet on the nutritional status of elderly people (Dutch Nutrition Surveillance System). *J.Am.Coll.Nutr.* 1990;9:600-9.

Lowik MR, Van Dokkum W, Kistemaker C, Schaafsma G, Ockhuizen T. Body composition, health status and urinary magnesium excretion among elderly people (Dutch Nutrition Surveillance System). *Magnes.Res.* 1993;6:223-32.

Lu KT, Chiou RY, Chen LG, Chen MH, Tseng WT, Hsieh HT, Yang YL. Neuroprotective effects of resveratrol on cerebral ischemia-induced neuron loss mediated by free radical scavenging and cerebral blood flow elevation. *J Agric Food Chem.* 2006 Apr 19;54(8):3126-31.

Lyle BJ, Mares-Perlman JA, Klein BE et al. Serum carotenoids and tocopherols and incidence of age-related nuclear cataract. *Am.J.Clin.Nutr.* 1999;69:272-7.

Lyle BJ, Mares-Perlman JA, Klein BEK, Klein R, Greger JL. Antioxidant intake and risk of incident age-related nuclear cataracts in the Beaver Dam Eye Study. *Am.J.Epidemiol.* 1999;149:801-9.

Mahalko JR, Bennion M. The effect of parity and time between pregnancies on maternal hair chromium concentration. *Am.J.Clin.Nutr.* 1976;29:1069-72.

Malinow MR, Nieto FJ, Kruger WD et al. The effects of folic acid supplementation on plasma total homocysteine are modulated by multivitamin use and methylenetetrahydrofolate reductase genotypes. *Arterioscler.Thromb.Vasc.Biol.*

1997;17:1157-62.

Manore MM, Vaughan LA, Carroll SS, Leklem JE. Plasma pyridoxal 5'-phosphate concentration and dietary vitamin B-6 intake in free-living, low-income elderly people. *Am.J.Clin.Nutr.* 1989;50:339-45.

Manson JE, Gaziano JM, Jonas MA, Hennekens CH. Antioxidants and cardiovascular disease: a review. *J Am Coll Nutr* 1993;12:426-32.

Mares-Perlman JA, Subar AF, Block G, Greger JL, Luby MH. Zinc intake and sources in the US adult population: 1976- 1980. *J.Am.Coll.Nutr.* 1995;14:349-57.

Martini LA. Magnesium supplementation and bone turnover. *Nutr.Rev.* 1999;57:227-9.

Mason JB, Levesque T. Folate: effects on carcinogenesis and the potential for cancer chemoprevention. *Oncology (Huntingt.)* 1996;10:1727-3.

Matos HR, Di Mascio P, Medeiros MHG. Protective effect of lycopene on lipid peroxidation and oxidative DNA damage in cell culture. *Archives of Biochemistry and Biophysics* 2000;383:56-9.

Matsui MS, Rozovski SJ. Drug-nutrient interaction. *Clin.Ther.* 1997;4:423-40.

Maxwell SRJ, Thomason H, Sandler D et al. Antioxidant status in patients with uncomplicated insulin- dependent and non-insulin-dependent diabetes mellitus. *Eur.J.Clin.Invest.* 1997;27:484-90.

Mazzotta MY. Nutrition and wound healing. *J.Am.Podiatr.Med.Assoc.* 1994;84:456-62.

McAuliffe AV, Brooks BA, Fisher EJ, Molyneaux LM, Yue DK. Administration of ascorbic acid and an aldose reductase inhibitor (tolrestat) in diabetes: Effect on urinary albumin excretion. *Nephron* 1998;80:277-84.

Mccarron DA, Reusser ME. Finding consensus in the dietary calcium-blood pressure debate. *J.Am.Coll.Nutr.* 1999;18:398S-405S.

McCoy H, Kenney MA, Montgomery C, Irwin A, Williams L, Orrell R. Relation of boron to the composition and mechanical properties of bone. *Environ.Health Perspect.* 1994;102 Suppl 7:49-53.

McCully KS. Chemical pathology of homocysteine. I. Atherogenesis. *Ann.Clin Lab.Sci.* 1993;23:477-93.

Meacham SL, Taper LJ, Volpe SL. Effect of boron supplementation on blood and urinary calcium, magnesium, and phosphorus, and urinary boron in athletic and sedentary women.

Am.J.Clin.Nutr. 1995;61:341-5.

Meacham SL, Taper LJ, Volpe SL. Effects of boron supplementation on bone mineral density and dietary, blood, and urinary calcium, phosphorus, magnesium, and boron in female athletes. Environ.Health Perspect. 1994;102 Suppl 7:79-82.

Mei W, Dong ZM, Liao BL, Xu HB. Study of immune function of cancer patients influenced by supplemental zinc or selenium-zinc combination. Biol.Trace Elem.Res. 1991;28:11-9.

Mensink R, Zock P, Katan M, Hornstra G. Effect of dietary cis and trans fatty acids on serum lipoprotein[a] levels in humans. J Lipid Res 1992;33:1493-1501.

Mertz W. Chromium in human nutrition: a review. J.Nutr. 1993;123:626-33.

Meydani SN, Beharka AA. Recent developments in vitamin E and immune response. Nutrition reviews 1998;56:S49-S58.

Meydani SN, Meydani M, Blumberg JB et al. Vitamin E supplementation and in vivo immune response in healthy elderly subjects. A randomized controlled trial. JAMA 1997;277:1380-6.

Meydani SN, Ribaya-Mercado JD, Russell RM, Sahyoun N, Morrow FD, Gershoff SN. Vitamin B-6 deficiency impairs interleukin 2 production and lymphocyte proliferation in elderly adults. Am.J.Clin.Nutr. 1991;53:1275-80.

Michael A. Schimidt, Brain Builing Nutrition chapter 15, Frog Ltd, Berkely, California, pg 208-212 Put, A, eta al. Clinical efficacy of essential phospholipids in patients chronically exposed to organic solvents. J Intl Med Res 1993;21:185-91.

Millet P, Guillaud JC, Fuchs F, Klepping J. Nutrient intake and vitamin status of healthy French vegetarians and nonvegetarians. Am.J.Clin.Nutr. 1989;50:718-27.

Mitchell SH, Zhu W, Young CY, Department of Urology, Mayo Graduate School, Mayo Foundation, Rochester, Minnesota 55905, USA.

Mitsui Y, Schmelzer JD, Zollman PJ, Mitsui M, Tritschler HJ, Low PA. Alpha-lipoic acid provides neuroprotection from ischemia- reperfusion injury of peripheral nerve. J.Neurol.Sci. 1999;163:11-6.

Miura Y, Chiba T, Miura S et al. Green tea polyphenols (flavan 3-ols) prevent oxidative modification of low density lipoproteins: An ex vivo study in humans. J.Nutr.Biochem. 2000;11:216-22.

Moeller SM, Jacques PF, Blumberg JB. The potential role of dietary xanthophylls in

cataract and age-related macular degeneration. *J.Am.Coll.Nutr.* 2000;19:522S-7S.

Morris DL, Kritchevsky SB, Davis CE. Serum carotenoids and coronary heart disease: The Lipid Research Clinics Coronary Primary Prevention Trial and Follow-up Study. *JAMA* 1994;272:1439-41.

Morris MC, Evans DA, Bienias JL, et al. Consumption of fish and n-3 fatty acids and risk of incident Alzheimer disease. *Arch Neurol* 2003;60:923-924.

Morris MC, Sacks F, Rosner B. Does fish oil lower blood pressure? A meta-analysis of controlled trials. *Circulation.* 1993; 88: 523–533.

Mosca L, Rubenfire M, Mandel C et al. Antioxidant nutrient supplementation reduces the susceptibility of low density lipoprotein to oxidation in patients with coronary artery disease. *J.Am.Coll.Cardiol.* 1997;30:392-9.

Mottram P, Shige H, Nestel P. Vitamin E improves arterial compliance in middle-aged men and women. *Atherosclerosis* 1999;145:399-404.

Murray, M. *Encyclopedia of Nutritional Supplements*, Rocklin, CA: Prima Publishing, 1996, pp. 239-278.

Naghii MR, Samman S. The role of boron in nutrition and metabolism. *Prog.Food Nutr.Sci.* 1993;17:331-49.

Nair SSD, Leitch JW, Falconer JW, et al. Prevention of cardiac arrhythmia by dietary (n-3) polyunsaturated fatty acids and their mechanism of action. *J Nutr* 1997;127:383-393.

Nakamura N, Hamazaki T, Kobayashi M, et al. Effect of eicosapentaenoic acids on remnant-like particles, cholesterol concentrations and plasma fatty acid composition in patients with diabetes mellitus. *In Vivo* 1998; 12:311-314.

Ness AR, Chee D, Elliott P. Vitamin C and blood pressure--an overview. *J Hum.Hypertens.* 1997;11:343-50.

Ness AR, Khaw KT, Bingham S, Day NE. Vitamin C status and blood pressure. *J Hypertens.* 1996;14:503-8.

Newnham RE. Essentiality of boron for healthy bones and joints. *Environ.Health Perspect.* 1994;102 Suppl 7:83-5.

Nichols HK, Basu TK. Thiamin status of the elderly: dietary intake and thiamin pyrophosphate response. *J.Am.Coll.Nutr.* 1994;13:57-61.

Nielsen FH, Shuler TR. Studies of the interaction between boron and calcium, and its modification by magnesium and potassium, in rats. Effects on growth, blood variables,

and bone mineral composition. *Biol.Trace Elem.Res.* 1992;35:225-37.

Nielsen FH. Biochemical and physiologic consequences of boron deprivation in humans. *Environ.Health Perspect.* 1994;102 Suppl 7:59-63.

Nielsen FH. Studies on the relationship between boron and magnesium in the formation and maintenance of bones. *J Am Coll Nutr* 1989;8:457 (abstr).

Nielsen FH. Ultratrace elements in nutrition: Current knowledge and speculation. *J.Trace Elem.Exp.Med.* 1998;11:251-74.

Nielsen FH. Ultratrace Minerals. In: Shils ME, Olson JA, Shike M, eds. *Modern Nutrition in Health and Disease*. Philadelphia: Lea & Febiger 1994:269-86.

Niki E, Noguchi N, Tsuchihashi H, Gotoh N. Interaction among vitamin C, vitamin E, and beta-carotene. *Am.J.Clin.Nutr.* 1995;62:1322S-6S.

Nkondjock A, Shatenstein B, Maisonneuve P, Ghadirian P. Specific fatty acids and human colorectal cancer: an overview. *Cancer Detect Prev* 2003;27(1):55-66.

Nohl H, Gille L. Evaluation of the antioxidant capacity of ubiquinol and dihydrolipoic acid. *Z.Naturforsch.(C)* 1998;53:250-3.

Nomura S, Kanazawa S, Fukuhara S. Effects of eicosapentaenoic acid on platelet activation markers and cell adhesion molecules in hyperlipidemic patients with type 2 diabetes mellitus. *J Diabetes Complications* 2003;17:153-159.

Nuttall SL, Dunne F, Kendall MJ, Martin U. Age-independent oxidative stress in elderly patients with non-insulin-dependent diabetes mellitus. *Q.J.Med.* 1999;92:33-8.

Nygaard O, Nordrehaug JE, Refsum H, Ueland PM, Farstad M, Vollset SE. Plasma homocysteine levels and mortality in patients with coronary artery disease. *N Engl J Med* 1997;337:230-6.

Nyysönen K, Parviainen MT, Salonen R, Tuomilehto J, Salonen JT. Vitamin C deficiency and risk of myocardial infarction: Prospective population study of men from eastern Finland. *Bmj* 1997;314:634-8.

O'Brien KO. Combined calcium and vitamin D supplementation reduces bone loss and fracture incidence in older men and women. *Nutr Rev* 1998;56:148-50.

Ooms ME, Roos JC, Bezemer PD, van der Vijgh WJ, Bouter LM, Lips P. Prevention of bone loss by vitamin D supplementation in elderly women: a randomized double-blind trial. *J Clin Endocrinol.Metab.* 1995;80:1052-8.

Orlov MV, Brodsky MA, Douban S. A review of magnesium, acute myocardial infarction

and arrhythmia. *J.Am.Coll.Nutr.* 1994;13:127-32.

Otsuka M. Analysis of dietary factors in Alzheimer's disease: clinical use of nutritional intervention for prevention and treatment of dementia. *Nippon Ronen Igakkai Zasshi* 2000;37:970-973.

Packer L, Tritschler HJ, Wessel K. Neuroprotection by the metabolic antioxidant alpha-lipoic acid. *Free Radical Biol Med* 1997;22:359-78.

Packer L, Witt EH, Tritschler HJ. Alpha-lipoic acid as a biological antioxidant. *Free Radic.Biol.Med.* 1995;19:227-50.

Packer L. Protective role of vitamin E in biological systems. *Am.J.Clin.Nutr.* 1991;53:1050S-5S.

Patti L, Maffettone A, Iovine C et al. Long-term effects of fish oil on lipoprotein subfractions and low density lipoprotein size in non-insulin-dependent diabetic patients with hypertriglyceridemia. *Atherosclerosis* 1999;146:361-7.

Paunier L. Effect of magnesium on phosphorus and calcium metabolism. *Monatsschr.Kinderheilkd.* 1992;140:S17-S20.

Pecoraro RE, Chen MS. Ascorbic acid metabolism in diabetes mellitus. *Ann.N Y.Acad.Sci.* 1987;498:248-58.

Peet M, Brind J, Ramchand CN, et al. Two double-blind placebo-controlled pilot studies of eicosapentaenoic acid in the treatment of schizophrenia. *Schizophr Res* 2001;49:243-251.

Peet M, Horrobin DF, E-E Multicentre Study Group. A dose-ranging exploratory study of the effects of ethyl-eicosapentenoate in patients with persistent schizophrenic symptoms. *J Psychiatr Res* 2002;36:7-18.

Peet M, Laugharne JD, Mellor J, Ramchand CN. Essential fatty acid deficiency in erythrocyte membranes from chronic schizophrenic patients, and the clinical effects of dietary supplementation. *Prostaglandins Leukotrienes and Essential Fatty Acids* 1996;55:71-75.

Pennington JAT, Young BE, Wilson DB. Nutritional elements in U.S. diets: Results from the total diet study, 1982-86. *J.Am.Diet.Assoc.* 1989;89:659-64.

Pennington JAT. Intakes of minerals from diets and foods: Is there a need for concern? *J.Nutr.* 1996;126:2304S-8S.

Peters EM, Goetzsche JM, Grobbelaar B, Noakes TD. Vitamin C supplementation reduces the incidence of posttrace symptoms of upper-respiratory-tract infection in ultramarathon

runners. *Am.J.Clin.Nutr.* 1993;57:170-4.

Pignatelli P, Pulcinelli FM, Celestini A et al. The flavonoids quercetin and catechin synergistically inhibit platelet function by antagonizing the intracellular production of hydrogen peroxide. *Am.J.Clin.Nutr.* 2000;72:1150-5.

Plum-Wirell M, Stegmayr BG, Wester PO. Nutritional magnesium supplementation does not change blood pressure nor serum or muscle potassium and magnesium in untreated hypertension. A double-blind crossover study. *Magnes.Res.* 1994;7:277-83.

Pool-Zobel BL, Bub A, Müller H, Wollowski I, Rechkemmer G. Consumption of vegetables reduces genetic damage in humans: first results of a human intervention trial with carotenoid-rich foods. *Carcinogenesis* 1997;18:1847-50.

Porrini M, Riso P. Lymphocyte lycopene concentration and DNA protection from oxidative damage is increased in women after a short period of tomato consumption. *J.Nutr.* 2000;130:189-92.

Porter KH. Undercarboxylated osteocalcin: Indicator of vitamin K status and hip fracture risk? *Biochem.Arch.* 1999;15:225-37.

Power ML, Heaney RP, Kalkwarf HJ et al. The role of calcium in health and disease. *Am.J.Obstet.Gynecol.* 1999;181:1560-9.

Prasad AS, Fitzgerald JT, Hess JW, Kaplan J, Pelen F, Dardenne M. Zinc deficiency in elderly patients. *Nutrition.* 1993;9:218-24.

Prasad AS. Zinc and immunity. *Mol.Cell.Biochem.* 1998;188:63-9.

Prasad AS. Zinc: an overview. *Nutrition.* 1995;11:93-9.

Pratt S. Dietary prevention of age-related macular degeneration. *J Am Optom.Assoc.* 1999;70:39-47.

Prieme H, Loft S, Nyssonen K, Salonen JT, Poulsen HE. No effect of supplementation with vitamin E, ascorbic acid, or coenzyme Q10 on oxidative DNA damage estimated by 8-oxo-7,8-dihydro-2'-deoxyguanosine excretion in smokers. *Am.J.Clin.Nutr.* 1997;65:503-7.

Princen HM, van Duyvenvoorde W, Buytenhek R et al. Supplementation with low doses of vitamin E protects LDL from lipid peroxidation in men and women. *Arterioscler.Thromb.Vasc.Biol* 1995;15:325-33.

Quinn K, Basu TK. Folate and vitamin B12 status of the elderly. *Eur.J Clin Nutr* 1996;50:340-2.

Radack K, Deck C, Huster G. Dietary supplementation with low-dose fish oils lowers fibrinogen levels: A randomized, double-blind controlled study. *Ann Intern Med* 1989;111:757-758.

Rao AV, Agarwal S. Role of lycopene as antioxidant carotenoid in the prevention of chronic diseases: A review. *Nutr Res* 1999;19:305-23.

Rao AVR, Agarwal S. Role of antioxidant lycopene in cancer and heart disease. *J.Am.Coll.Nutr.* 2000;19:563-9.

Rayman MP. The importance of selenium to human health. *Lancet* 2000;356:233-41.

Reid IR, Ames RW, Evans MC, Gamble GD, Sharpe SJ. Long-term effects of calcium supplementation on bone loss and fractures in postmenopausal women: a randomized controlled trial. *Am J Med.* 1995;98:331-5.

Reid IR. The roles of calcium and vitamin D in the prevention of osteoporosis. *Endocrinol.Metab.Clin North Am* 1998;27:389-98.

Renner E. Dairy calcium, bone metabolism, and prevention of osteoporosis. *J.Dairy.Sci.* 1994;77:3498-505.

Rhodes LE, Durham BH, Fraser WD, Friedmann PS. Dietary fish oil reduces basal and ultraviolet B-generated PGE2 levels in skin and increases the threshold to provocation of polymorphic light eruption. *J Invest Dermatol* 1995;105:532-535.

Rhodes LE, O'Farrell S, Jackson MJ, Friedmann PS. Dietary fish-oil supplementation in humans reduces UVB-erythema sensitivity but increases epidermal lipid peroxidation. *J Invest Dermatol* 1994;103(2):151-154.

Rhodes LE, Shahbakhti H, Azurdia RM, et al. Effect of eicosapentaenoic acid, an omega-3 polyunsaturated fatty acid, on UVR-related cancer risk in humans. An assessment of early genotoxic markers. *Carcinogenesis* 2003;24:919-925.

Rico H, Gallego-Lago JL, Hernández ER et al. Effect of silicon supplement on osteopenia induced by ovariectomy in rats. *Calcified Tissue International* 2000;66:53-5.

Riso P, Pinder A, Santangelo A, Porrini M. Does tomato consumption effectively increase the resistance of lymphocyte DNA to oxidative damage? *Am.J.Clin.Nutr.* 1999;69:712-8.

Ristic V, Ristic G. Role and importance of dietary polyunsaturated fatty acids in the prevention and therapy of atherosclerosis. *Med Pregl* 2003;56:50-53.

Roebathan BV, Chandra RK. Nutrient consumption and body size in a group of institutionalized elderly. *Nutr.Res.* 1994;14:35-9.

Roffi M, Kanaka C, Mullis PE, Peheim E, Bianchetti MG. Hypermagnesiuria in children with newly diagnosed insulin- dependent diabetes mellitus. *Am.J.Nephrol.* 1994;14:201-6.

Roy M, Kiremidjian-Schumacher L, Wishe HI, Cohen MW, Stotzky G. Supplementation with selenium restores age-related decline in immune cell function. *Proc.Soc.Exp.Biol.Med.* 1995;209:369-75.

Sacks FM, Willett WC, Smith A, Brown LE, Rosner B, Moore TJ. Effect on blood pressure of potassium, calcium, and magnesium in women with low habitual intake. *Hypertension* 1998;31:131-8.

Sai K, Kai S, Umemura T et al. Protective effects of green tea on hepatotoxicity, oxidative DNA damage and cell proliferation in the rat liver, induced by repeated oral administration of 2-nitropropane. *Food Chem.Toxicol.* 1998;36:1043-5.

Salem N, Jr., Pawlosky R, Wegher B, Hibbeln J. In vivo conversion of linoleic acid to arachidonic acid in human adults. *Prostaglandins Leukot Essent Fatty Acids* 1999;60:407-410.

Salonen JT, Salonen R, Ihanainen M et al. Vitamin C deficiency and low linolenate intake associated with elevated blood pressure: the Kuopio Ischaemic Heart Disease Risk Factor Study. *J.Hypertens.Suppl.* 1987;5:S521-4.

Saltzman JR, Kemp JA, Golner BB, Pedrosa MC, Dallal GE, Russell RM. Effect of hypochlorhydria due to omeprazole treatment or atrophic gastritis on protein-bound vitamin B12 absorption. *J.Am.Coll.Nutr.* 1994;13:584-91.

Sandstead HH. Is zinc deficiency a public health problem? *Nutrition.* 1995;11:87-92.

Saner G. The effect of parity on maternal hair chromium concentration and the changes during pregnancy. *Am.J.Clin.Nutr.* 1981;34:853-5.

Saner G. Urinary chromium excretion during pregnancy and its relationship with intravenous glucose loading. *Am.J.Clin.Nutr.* 1981;34:1676-9.

Santos, M. S., Gaziano, J. M., Leka, L. S., Beharka, A. A., Hennekens, C. H., and Meydani, S. N. Beta-carotene-induced enhancement of natural killer cell activity in elderly men: an investigation of the role of cytokines. *Am.J.Clin.Nutr.* 68(1), 164-170. 1998. Ref Type: Journal (Full)

Sasaki S, Oshima T, Matsuura H et al. Abnormal magnesium status in patients with cardiovascular diseases. *Clinical Science* 2000;98:175-81.

Sastre J, Pallardó FV, De la Asunción JG, Viña J. Mitochondria, oxidative stress and aging. *Free Radic.Res.* 2000;32:189-98.

- Sauberlich HE. Folate status of U.S. population groups. In: Bailey LB, ed. Folate in Health and Disease. New York: Marcel Dekker, Inc. 1995:171-95.
- Schramm DD, German JB. Potential effects of flavonoids on the etiology of vascular disease. *J.Nutr.Biochem.* 1998;9:560-6.
- Seaborn CD NF. Silicon: A nutritional beneficence for bones, brains and blood vessels? *Nutrition Today* 1993;28:13-6.
- Seaborn CD, Nielsen FH. Response surface analysis of bone composition changes caused by dietary calcium and silicon. *FASEB J* 1993;7:A77.
- Seaborn, C. D. and Nielsen, F. H. Effects of germanium and silicon on bone mineralization. *Biol.Trace Elem.Res.* 42, 151-164. 1994.
- Seddon JM, Ajani UA, Sperduto RD et al. Dietary carotenoids, vitamins A, C, and E, and advanced age- related macular degeneration. Eye Disease Case-Control Study Group. *JAMA* 1994;272:1413-20.
- Selhub J, Jacques PF, Wilson PW, Rush D, Rosenberg IH. Vitamin status and intake as primary determinants of homocysteinemia in an elderly population. *JAMA* 1993;270:2693-8.
- Semba RD. Vitamin A, immunity, and infection. *Clin.Infect.Dis.* 1994;19:489-99.
- Sen CK. Glutathione homeostasis in response to exercise training and nutritional supplements. *Mol.Cell.Biochem.* 1999;196:31-42.
- Serafini M. Dietary vitamin E and T cell-mediated function in the elderly: effectiveness and mechanism of action. *Int.J.Dev.Neurosci.* 2000;18:401-10.
- Seth RK, Kharb S. Protective function of alpha-tocopherol against the process of cataractogenesis in humans. *Ann.Nutr.Metab.* 1999;43:286-9.
- Shankar AH, Prasad AS. Zinc and immune function: the biological basis of altered resistance to infection. *Am.J.Clin.Nutr.* 1998;68:447S-63S.
- Shapiro, J.A., et al. Diet and rheumatoid arthritis in women: a possible protective effect of fish consumption. *Epidemiology*, 1996 May, 7(3)256-63.
- Shechter M, Merz CNB, Paul-Labrador M et al. Oral magnesium supplementation inhibits platelet-dependent thrombosis in patients with coronary artery disease. *Am.J.Cardiol.* 1999;84:152-6.
- Sherman AR. Zinc, copper, and iron nutriture and immunity. *J.Nutr.* 1992;122:604-9.

- Shigenaga MK, Hagen TM, Ames BN. Oxidative damage and mitochondrial decay in aging. *Proc.Natl.Acad.Sci.U.S.A.* 1994;91:10771-8.
- Sies H, Stahl W, Sundquist AR. Antioxidant functions of vitamins. Vitamins E and C, beta- carotene, and other carotenoids. *Ann.N.Y.Acad.Sci.* 1992;669:7-33.
- Simon JA, Hudes ES, Browner WS. Serum ascorbic acid and cardiovascular disease prevalence in US adults. *Epidemiology* 1998;9:316-21.
- Simons LA, von Konigsmark M, Balasubramaniam S. What dose of vitamin E is required to reduce susceptibility of LDL to oxidation? *Aust.N Z.J Med* 1996;26:496-503.
- Simopoulos AP. Omega-3 fatty acids in health and disease and in growth and development. *Am J Clin Nutr* 1991;54:438-463.
- Simopoulos, AT. Omega-3 fatty acids. In Spiller, GE, ed. *Handbook of Lipids in Human Nutrition*. Boca Raton, Florida: CRC Press, 1996:68.
- Simpoulos AP, Leaf A, Salmen N Jr. Essentiality of and recommended dietary intakes for omega 6 and omega 3 fatty acids. *Ann Nutr Metab.* 1999;43:127-130.
- Sinclair AJ, Taylor PB, Lunec J, Girling AJ, Barnett AH. Low plasma ascorbate levels in patients with type 2 diabetes mellitus consuming adequate dietary vitamin C. *Diabet.Med* 1994;11:893-8.
- Singh RB, Niaz MA, Sharma JP, et al. Randomized, double-blind, placebo-controlled trial of fish oil and mustard oil in patients with suspected acute myocardial infarction: the Indian experiment of infarct survival-4. *Cardiovasc Drugs Ther.* 1997; 11: 485–491.
- Singh RB, Rastogi SS, Gupta RK, Sharma VK, Singh RG. Can a diet rich in chromium and other minerals modulate blood sugar and blood lipids in noninsulin dependent diabetes mellitus? 9 (3).1992.157-162. 1992;157-62.
- Sirtori CR, Galli C. N-3 fatty acids and diabetes. *Biomed Pharmacother* 2002;56:397-406.
- Skelton WP, III, Skelton NK. Thiamine deficiency neuropathy. It's still common today. *Postgrad.Med.* 1989;85:301-6.
- Skerrett PJ, Hennekens CH. Consumption of fish and fish oils and decreased risk of stroke. *Prev Cardiol* 2003;6:38-41.
- Simpoulos AP, Leaf A, Salen N.,Jr. Conference Report: Workshop on the essentiality of and recommended dietary intakes for omega-6 and omega-3 fatty acids. *J Am Coll Nutr* 1999;18:487-489, 1999.
- Small SP, Best DG, Hustins KA. Energy and nutrient intakes of independently-living,

elderly women. *Can.J.Nurs.Res.* 1994;26:71-81.

Smidt CR, Seidehamel RJ, Devaraj S, Jialal I. The effects of a nutritionally complete dietary supplement (LifePak) on antioxidant status and LDL-oxidation in healthy non-smokers. *FASEB J* 1999;13:A546.

Smidt LJ, Cremin FM, Grivetti LE, Clifford AJ. Influence of thiamin supplementation on the health and general well-being of an elderly Irish population with marginal thiamin deficiency. *J.Gerontol.* 1991;46:M16-22.

Sojka JE, Weaver CM. Magnesium supplementation and osteoporosis. *Nutr.Rev.* 1995;53:71-4.

Som S, Basu S, Mukherjee D et al. Ascorbic acid metabolism in diabetes mellitus. *Metabolism* 1981;30:572-7.

Sorano GG, Biondi G, Conti M, Mameli G, Licheri D, Marongiu F. Controlled vitamin K content diet for improving the management of poorly controlled anticoagulated patients: a clinical practice proposal. *Haemostasis* 1993;23:77-82.

Spencer AP, Carson DS, Crouch MA. Vitamin E and coronary artery disease. *Arch Intern.Med* 1999;159:1313-20.

Sperling RI. Effects of dietary fish oils on leukocyte leukotriene and PAF generation and on neutrophil chemotaxis. *World Rev Nutr Diet* 1991;66:391-400.

Stabler SP, Lindenbaum J, Allen RH. Vitamin B-12 deficiency in the elderly: current dilemmas. *Am.J.Clin.Nutr.* 1997;66:741-9.

Stampfer MJ, Rimm EB. Epidemiologic evidence for vitamin E in prevention of cardiovascular disease. *Am.J.Clin.Nutr.* 1995;62:1365S-9S.

Stendig-Lindberg, G., Tepper, R., and Leichter, I. Trabecular bone density in a two year controlled trial of peroral magnesium in osteoporosis. *Magnesium Research* 6(2), 155-163. 1993.

Stephens NG, Parsons A, Schofield PM, Kelly F, Cheeseman K, Mitchinson MJ. Randomised controlled trial of vitamin E in patients with coronary disease: Cambridge Heart Antioxidant Study (CHAOS). *Lancet* 1996;347:781-6.

Stephensen CB, Alvarez JO, Kohatsu J, Hardmeier R, Kennedy JI, Jr., Gammon RB, Jr. Vitamin A is excreted in the urine during acute infection. *Am.J.Clin.Nutr.* 1994;60:388-92.

Stewart JR, Arttime MC, O'Brian CA. Resveratrol: a candidate nutritional substance for

prostate cancer prevention. *J Nutr.* 2003 Jul;133(7 Suppl):2440S-2443S. Review.

Subbaramaiah K, Dannenberg AJ. Resveratrol inhibits the expression of cyclooxygenase-2 in mammary epithelial cells. *Adv Exp Med Biol.* 2001;492:147-57.

Sun E, Xu H, Liu Q, Zhou J, Zuo P, Wang J. The mechanism for the effect of selenium supplementation on immunity. *Biol.Trace Elem.Res.* 1995;48:231-8.

Suter PM. Effect of vitamin E, vitamin C, and beta-carotene on stroke risk. *Nutrition reviews* 2000;58:184-7.

Suzuki YJ, Tsuchiya M, Packer L. Thiocctic acid and dihydrolipoic acid are novel antioxidants which interact with reactive oxygen species [published erratum appears in *Free Radic Res Commun* 1992;17(2):155]. *Free Radic.Res.Commun.* 1991;15:255-63.

Sweetman SF, Strain JJ, McKelvey-Martin VJ. Effect of antioxidant vitamin supplementation on DNA damage and repair in human lymphoblastoid cells. *Nutr Cancer* 1997;27:122-30.

Talbott MC, Miller LT, Kerkvliet NI. Pyridoxine supplementation: effect on lymphocyte responses in elderly persons. *Am.J.Clin.Nutr.* 1987;46:659-64.

Tanaka K, Hashimoto T, Tokumaru S, Iguchi H, Kojo S. Interactions between vitamin C and vitamin E are observed in tissues of inherently scorbutic rats. *J.Nutr.* 1997;127:2060-4.

Tapiero H, ba GN, Couvreur P, Tew KD. Polyunsaturated fatty acids (PUFA) and eicosanoids in human health and pathologies. *Biomed Pharmacother* 2002;56:215-222.

Taylor EW. Selenium and cellular immunity - Evidence that selenoproteins may be encoded in the +1 reading frame overlapping the human CD4, CD8, and HLA-DR genes. *Biol.Trace Elem.Res.* 1995;49:85-95.

Teegarden D, Weaver CM. Calcium supplementation increases bone density in adolescent girls. *Nutr Rev.* 1994;52:171-3.

Thies F, Garry JM, et al. Association of n-3 polyunsaturated fatty acids with stability of atherosclerotic plaques: a randomised controlled trial. *Lancet.* 2003 Feb 8;361(9356):477-85.

Thomas JA. Drug-nutrient interactions. *Nutr Rev* 1995;53:271-82.

Tiidus P, Shephard RJ, Montelpare W. Overall intake of energy and key nutrients: data for middle-aged and older middle-class adults. *Can.J.Sport.Sci.* 1989;14:173-7.

Tikkanen MJ, Adlercreutz H. Dietary soy-derived isoflavone phytoestrogens - Could they

have a role in coronary heart disease prevention? *Biochemical Pharmacology* 2000;60:1-5.

Tofler GH, Stec JJ, Stubbe I et al. The effect of vitamin C supplementation on coagulability and lipid levels in healthy male subjects. *Thrombosis Research* 2000;100:35-41.

Toh SY, Thompson GW, Basu TK. Riboflavin status of the elderly: dietary intake and FAD-stimulating effect on erythrocyte glutathione reductase coefficients. *Eur J Clin Nutr* 1994;48:654-9.

Torgerson DJ, Kanis JA. Cost-effectiveness of preventing hip fractures in the elderly population using vitamin D and calcium. *Q.J.Med.* 1995;88:135-9.

Tully AM, Roche HM, Doyle R, et al. Low serum cholesteryl ester-docosahexaenoic acid levels in Alzheimer's disease: a case-control study. *Br J Nutr* 2003;89(4):483-489.

Tutüncü NB, Bayraktar M, Varli K. Reversal of defective nerve conduction with vitamin E supplementation in type 2 diabetes - A preliminary study. *Diabetes Care* 1998;21:1915-8.

U.S.Department of Agriculture, Agricultural Research Service. Data Tables: Results from USDA's 1996 Continuing Survey of Food Intakes by Individuals and 1996 Diet and Health Knowledge Survey. ARS Food Surveys Research Group 97. Electronic Citation.

Uauy R, Olivares M, Gonzalez M. Essentiality of copper in humans. *Am.J.Clin.Nutr.* 1998;67:952S-9S.

Ubbink JB, Vermaak WJ, Bennett JM, Becker PJ, van Staden DA, Bissbort S. The prevalence of homocysteinemia and hypercholesterolemia in angiographically defined coronary heart disease. *Klin.Wochenschr.* 1991;69:527-34.

Ubbink JB. Homocysteine--an atherogenic and a thrombogenic factor? *Nutr Rev* 1995;53:323-5.

Underwood BA. Hypovitaminosis A: International programmatic issues. *J.Nutr.* 1994;124 Suppl.:1467S-72S.

Van Dam PS, Bravenboer B. Oxidative stress and antioxidant treatment in diabetic neuropathy. *Neurosci.Res.Comm.* 1997;21:41-8.

van der Beek EJ, Lowik MR, Hulshof KF, Kistemaker C. Combinations of low thiamin, riboflavin, vitamin B6 and vitamin C intake among Dutch adults. (Dutch Nutrition Surveillance System). *J.Am.Coll.Nutr.* 1994;13:383-91.

van der Wielen RP, de Wild GM, de Groot LC, Hoefnagels WH, van Staveren WA.

- Dietary intakes of energy and water-soluble vitamins in different categories of aging. *J Gerontol A Biol Sci Med Sci* 1996;51:B100-B107.
- Veierod MB, Thelle DS, Laake P. Diet and risk of cutaneous malignant melanoma: a prospective study of 50,757 Norwegian men and women. *Int J Cancer* 1997;71(4):600-604.
- Vermeer G, Schurgers LJ. A comprehensive review of vitamin K and vitamin K antagonists. *Hematol.Oncol.Clin.North Am.* 2000;14:339-53.
- Vermeer, C., Jie, K.-S. G., and Knapen, M. H. J. Role of vitamin K in bone metabolism. *Annual Review of Nutrition* 15, 1-22. 1995.
- Vincent JB. Mechanisms of chromium action: Low-molecular-weight chromium-binding substance. *J.Am.Coll.Nutr.* 1999;18:6-12.
- Volker D, Fitzgerald P, Major G, Garg M. Efficacy of fish oil concentrate in the treatment of rheumatoid arthritis. *J Rheumatol.* 2000 Oct;27(10):2343-6.
- Volpe SL, Taper LJ, Meacham S. The relationship between boron and magnesium status and bone mineral density in the human: a review. *Magnes.Res.* 1993;6:291-6.
- Von Schacky C, Angerer P, Kothny W, et al. The effect of dietary omega-3 fatty acids on coronary atherosclerosis: a randomized, double-blind, placebo-controlled trial. *Ann Intern Med.* 1999; 130: 554–562.
- Wald NJ, Watt HC, Law MR, Weir DG, McPartlin J, Scott JM. Homocysteine and ischemic heart disease: results of a prospective study with implications regarding prevention. *Arch.Intern.Med* 1998;158:862-7.
- Wang H, Zhang ZB, Wen RR, Chen JW. Experimental and clinical studies on the reduction of erythrocyte sorbitol-glucose ratios by ascorbic acid in diabetes mellitus. *Diabetes Res Clin Pract.* 1995;28:1-8.
- Ward M, McNulty H, McPartlin J, Strain JJ, Weir DG, Scott JM. Plasma homocysteine, a risk factor for cardiovascular disease, is lowered by physiological doses of folic acid. *Q.J.Med.* 1997;90:519-24.
- Watanabe H, Kakihana M, Ohtsuka S, Sugishita Y. Randomized, double-blind, placebo-controlled study of the preventive effect of supplemental oral vitamin C on attenuation of development of nitrate tolerance. *J.Am.Coll.Cardiol.* 1998;31:1323-9.
- Watson RR, Prabhala RH, Plezia PM, Alberts DS, Pike J, Chandra RK. Effect of beta-carotene on lymphocyte subpopulations in elderly humans: evidence for a dose-response relationship

Weber C, Erl W, Weber K, Weber PC. Increased adhesiveness of isolated monocytes to endothelium is prevented by vitamin C intake in smokers. *Circulation* 1996;93:1488-92.

Wellinghausen N, Kirchner H, Rink L. The immunobiology of zinc. *Immunol.Today* 1997;18:519-21.

Welten DC, Kemper HC, Post GB, van Staveren WA. A meta-analysis of the effect of calcium intake on bone mass in young and middle aged females and males. *J.Nutr.* 1995;125:2802-13.

Werler MM, Hayes C, Louik C, Shapiro S, Mitchell AA. Multivitamin supplementation and risk of birth defects. *Am.J.Epidemiol.* 1999;150:675-82.

Wilkinson IB, Megson IL, MacCallum H, Sogo N, Cockcroft JR, Webb DJ. Oral vitamin C reduces arterial stiffness and platelet aggregation in humans. *J.Cardiovasc.Pharmacol.* 1999;34:690-3.

Willatts P. Long chain polyunsaturated fatty acids improve cognitive development. *J Fam Health Care.* 2002;12(6 Suppl):5.

Wilson CW, Greene M, Loh HS. The metabolism of supplementary vitamin C during the common cold. *J Clin Pharmacol* 1976;16:19-29.

Wirell MP, Wester PO, Stegmayr BG. Nutritional dose of magnesium in hypertensive patients on beta blockers lowers systolic blood pressure: A double-blind, cross-over study. *J.Intern.Med.* 1994;236:189-95.

Witteaman JCM, Grobbee DE, Derkx FHM, Bouillon R, De Bruijn AM, Hofman A. Reduction of blood pressure with oral magnesium supplementation in women with mild to moderate hypertension. *Am.J.Clin.Nutr.* 1994;60:129-35.

Yang TTC, Koo MWL. Inhibitory effect of Chinese green tea on endothelial cell-induced LDL oxidation. *Atherosclerosis* 2000;148:67-73.

Yeum KJ, Shang F, Schalch W, Russell RM, Taylor A. Fat-soluble nutrient concentrations in different layers of human cataractous lens. *Curr.Eye Res.* 1999;19:502-5.

Yochum L, Kushi LH, Meyer K, Folsom AR. Dietary flavonoid intake and risk of cardiovascular disease in postmenopausal women. *Am J Epidemiol.* 1999;149:943-9.

Yosefy C, Viskoper JR, Laszt A, et al. The effect of fish oil on hypertension, plasma lipids and hemostasis in hypertensive, obese, dyslipidemic patients with and without diabetes mellitus. *Prostaglandins Leukotrienes & Essential Fatty Acids* 1999;61:83-87.

Zak A, Zeman M, Tvrzicka E, Stolba P. The effect of fish oil on metabolic parameters in

patients with type 2 diabetes mellitus associated with dyslipidemia. *Cas Lek Cesk* 1996;135:354-359.

Zhang J. Resveratrol inhibits insulin responses in a SirT1-independent pathway. *Biochem J.* 2006 Aug 1;397(3):519-27.

Ziboh VA. The significance of polyunsaturated fatty acids in cutaneous biology. *Lipids* 1996;31(Suppl):S249-S253.

Ziegler D, Gries FA. Alpha-lipoic acid in the treatment of diabetic peripheral and cardiac autonomic neuropathy. *Diabetes* 1997;46 Suppl 2:S62-S66.

Ziegler D, Reljanovic M, Mehnert H, Gries FA. alpha-lipoic acid in the treatment of diabetic polyneuropathy in Germany: Current evidence from clinical trials. *Exp.Clin.Endocrinol.Diabetes* 1999;107:421-30.