

Appendix 12. Mean maximum change in nutrient concentration ($\mu\text{mol/L}$) in plasma or serum. For this population the change was between 50% and 100% of the lowest value observed, except for copper for which no meaningful change was observed.

Nutrient	4 Tablets	2 Softgels	1 Softgel
β -Carotene	.24	.25	.17
dl- α -Tocopheryl Acetate	19	17	11
Ascorbic Acid	57	47	35
Zinc	5.5	7.5	5.0
Copper	4.0	4.0	3.6