

Supplemental Table 1 - Antioxidant supplement content and percent change over an 18-month period

Antioxidant	March 2008	September 2009	Change (%)
Selenium ($\mu\text{g/g}$)	99	137	+39
Vitamin C (mg/g)	102	96	-6
Total tocopherols (mg/g)	15	11	-23
Alpha-tocopherol (mg/g)	11	8	-30
Beta-tocopherol (mg/g)	0.035	0.040	+14
Gamma-tocopherol (mg/g)	2.9	3.0	+1
Delta-tocopherol (mg/g)	0.7	0.6	-14
Total carotenoids	9.5	7.1	-25
Beta-carotene (mg/g)	9.0	6.8	-25
Alpha-carotene (mg/g)	0.5	0.3	-39
Zeaxanthin (mg/g)	0.07	0.06	-9
Lutein (mg/g)	negligible	negligible	n/a
Beta-criptoxanthin (mg/g)	negligible	negligible	n/a
Lycopene (mg/g)	negligible	negligible	n/a