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(54) **METHOD FOR SUPPLEMENTING THE DIET**

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(58) **Field of Search** 424/736, 682, 424/655, 768, 94.1; 514/474, 458, 62, 725, 276

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(57) **ABSTRACT**

A dietary supplement blend composition is disclosed, the basic formulation of the composition containing vitamins, minerals, and carotenoids. The composition can also contain bioflavonoids, cartilage protectors such as glucosamine or chondroitin, α-lipoic acid, coenzyme Q10, and a source of omega-3 fatty acids such as flax seed oil. The composition is beneficial for improving health and preventing disease, particularly for degenerative conditions. A method for supplementing the diet is also disclosed, wherein the quantity of daily rations of the dietary supplement blend composition is determined based on the person's age, body weight, and quality of diet.

19 Claims, No Drawings