



Figure S1. Representative chiral HPLC carotenoid profile of a capsule from intervention Group 2. (A) Analysis of the complete content of the capsule (8 mg of *meso*-zeaxanthin (MZ), 1 mg of zeaxanthin (Z) and 6 mg of lutein (L) microcrystals suspended in vegetable oil. (B) Analysis of the vegetable oil separated from the microcrystals (1, unidentified carotenoid).