

Supplementary Table S1. Concentration of Vitamin C and E in foods.

Vitamin C		Vitamin E	
Food	Quantity (mg/100g)	Food	Quantity (mg/100g)
Grape, juice, brick	340	Wheat germ oil	133
Chili pepper, fresh	229	Sunflower oil	68
Ribes, fresh	200	Corn oil	34.5
Red and yellow bell pepper, not cooked	166	Sweet almonds, dry	26
Kiwi, fresh	85	Extra virgin olive oil	22.4
Brussels sprout, cooked, boiled	53	Hazelnut, dry	15
Orange, fresh	50	Margarine, 100% vegetable	12.4
Lemon, fresh	50	Avocado, fresh	6.4
Grapefruit, fresh	40	Butter	2.4