

**Table E1:**

Carotenoid composition of crude red palm oil (Choo YM et al. J Am Oil Chem Soc 1996).

<b>Carotenoid</b>	<b>Red Palm Oil [mg/kg]</b>
phytoene	1.3
phytofluene	0.1
cis- $\beta$ -carotene	0.7
$\beta$ -carotene	56.0
$\alpha$ -carotene	35.1
cis- $\alpha$ -carotene	2.5
$\nu$ -carotene	0.7
$\xi$ -carotene	0.3
$\delta$ -carotene	0.8
neurosporene	0.3
$\beta$ -zeaxanthin	0.7
$\alpha$ -zeacarotene	0.2
lycopene	1.3