**SUPPLEMENTARY TABLE 4.**

Factor loading matrix for components identified from serum carotenoids using principal components analysis.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Component | | | | |
| Carotenoid | 1 | 2 | 3 | 4 | 5 |
| Eigenvalues,  % (cumulative %) | 63.02 (63.02) | 13.03 (76.05) | 10.82 (86.88) | 9.33 (96.20) | 3.80 (100) |
| Alpha carotene | .855 | -.220 | -.305 | -.220 | .282 |
| Beta carotene | .890 | -.177 | -.237 | -.112 | -.329 |
| Beta cryptoxanthin | .665 | .743 | -.072 | -.022 | .013 |
| Lutein / zeaxanthin | .750 | -.076 | .617 | -.224 | .009 |
| Lycopene | .790 | -.116 | .073 | .595 | .046 |