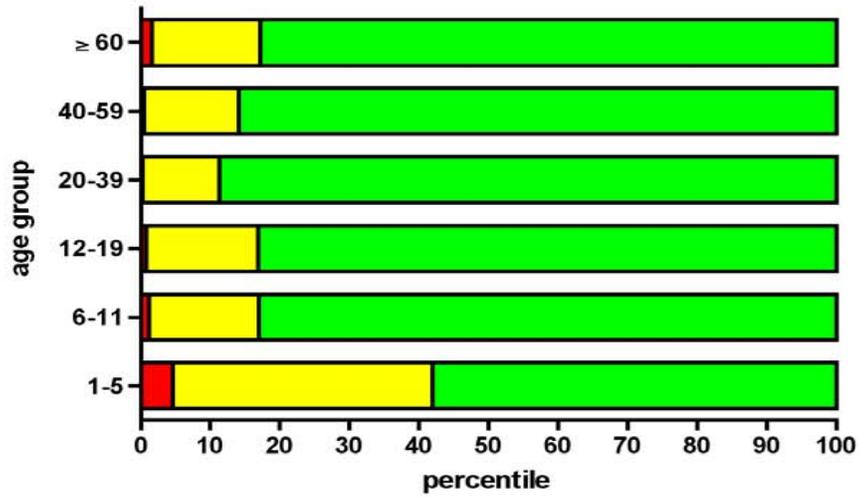
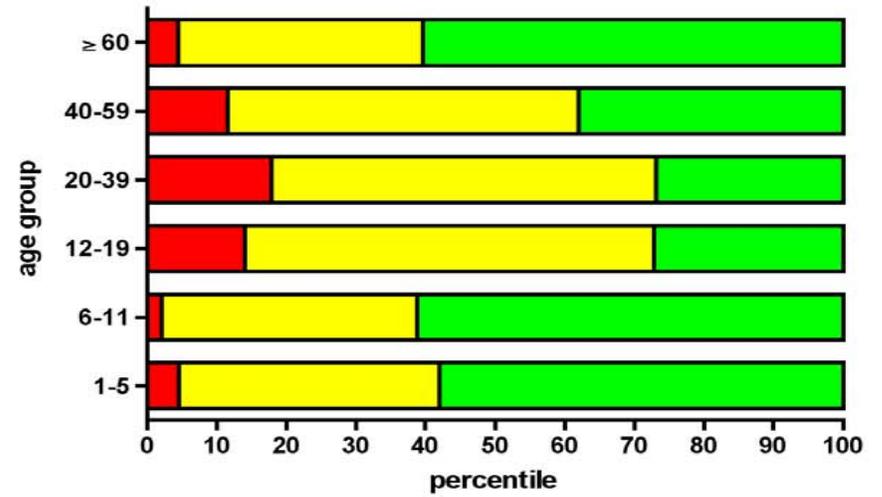


Iron Deficiency by Gender and Race

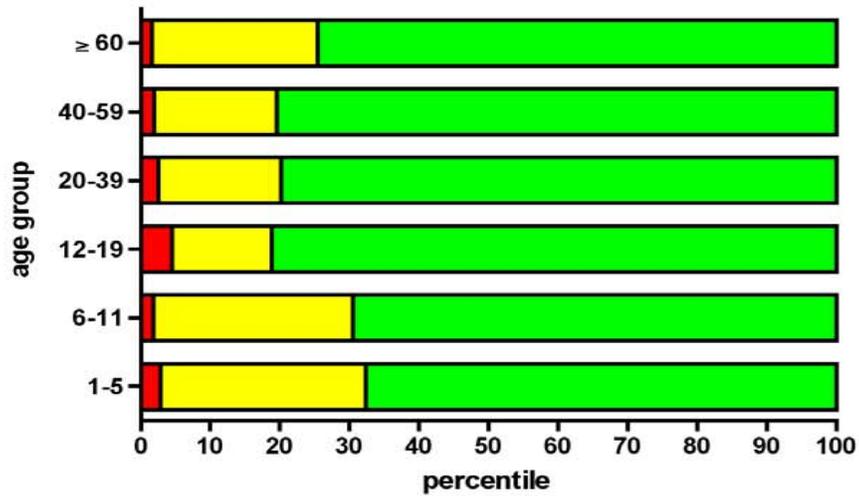
White Males



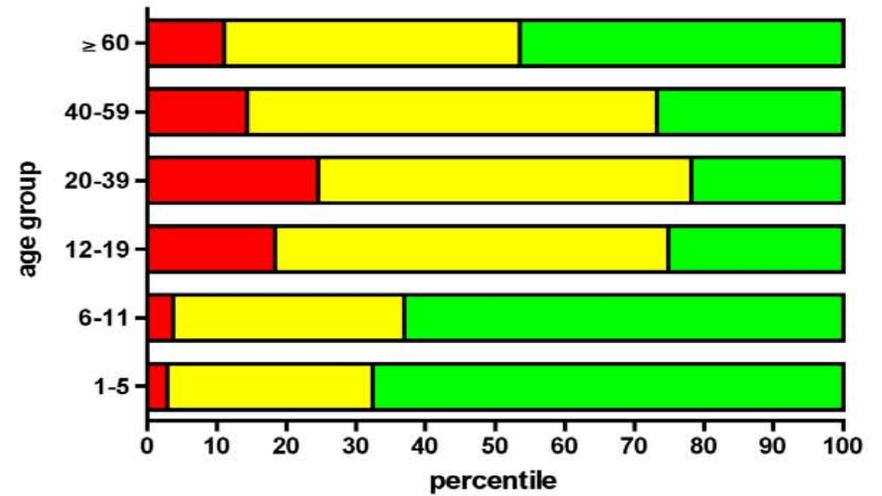
White Females



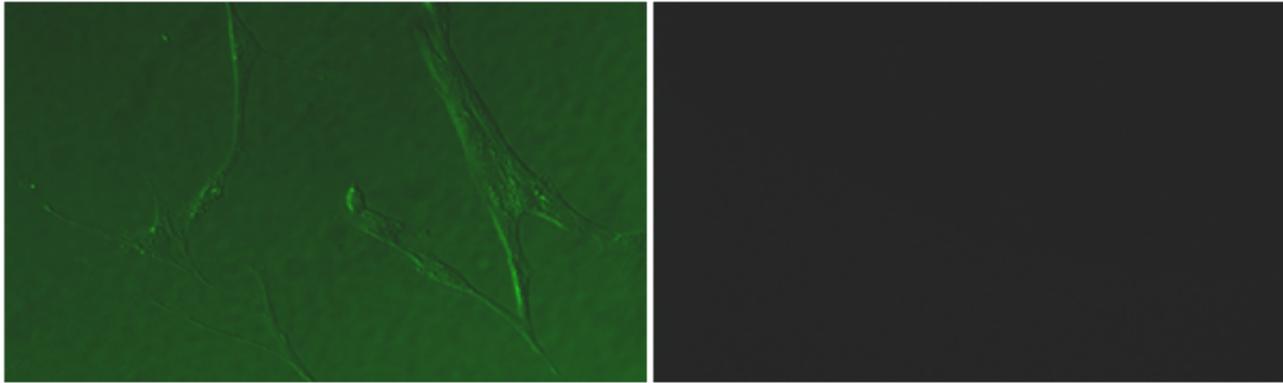
Black Males



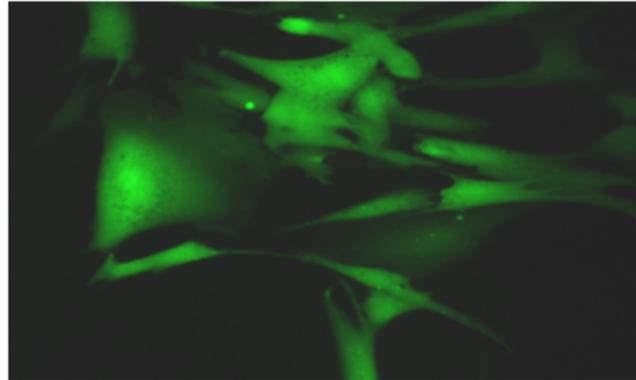
Black Females



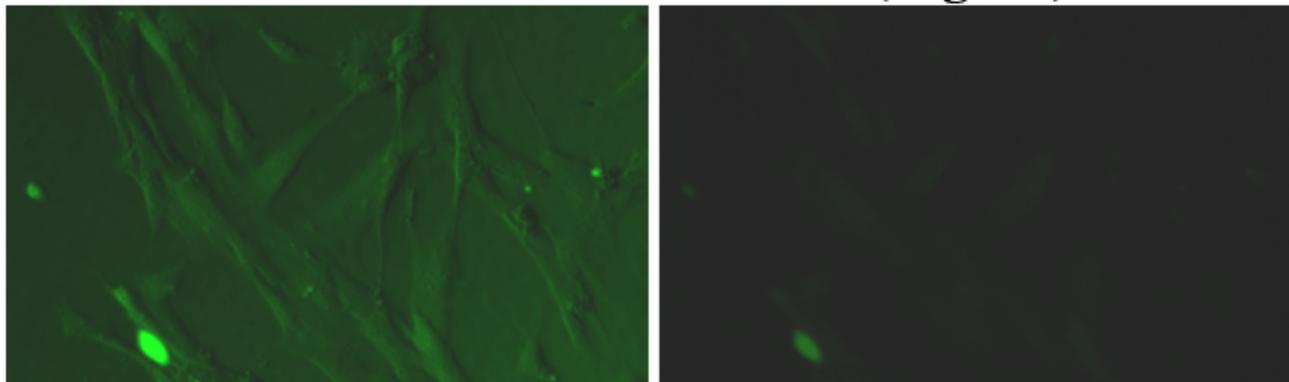
Biotin Sufficient



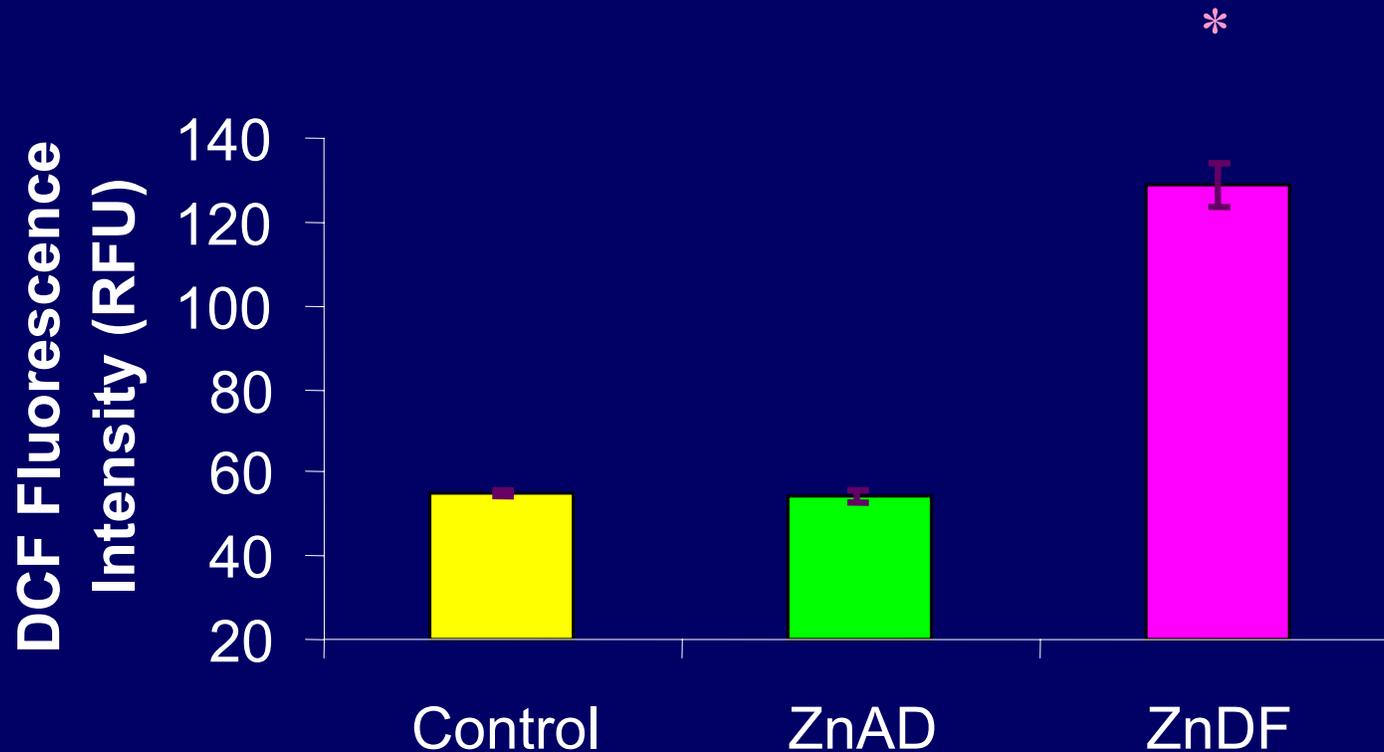
Biotin Deficient



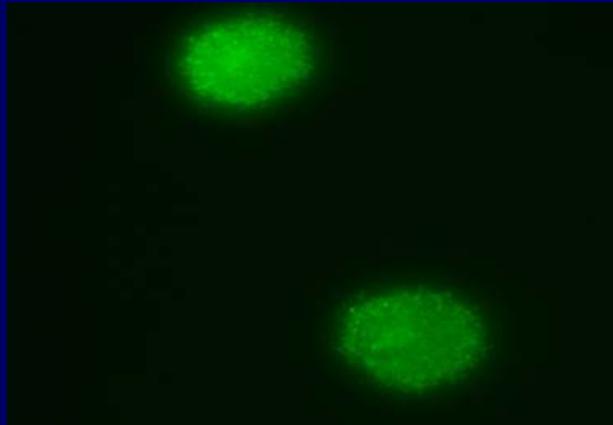
Biotin deficient + Biotin (5ng/ ml)



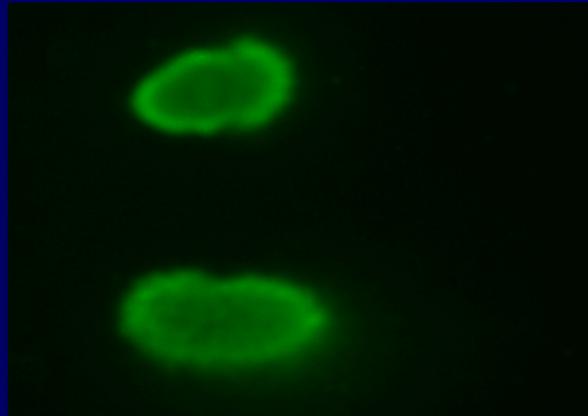
Zinc Deficiency Induces Increased Oxidative Stress in C6 Glioma Cells



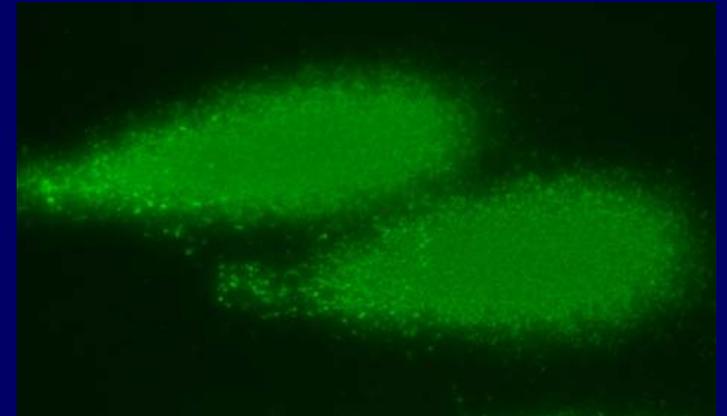
Zinc Deficiency Induces Fapy Glycosylase (Fpg)-sensitive Single Strand Breaks in Human Lung Fibroblasts



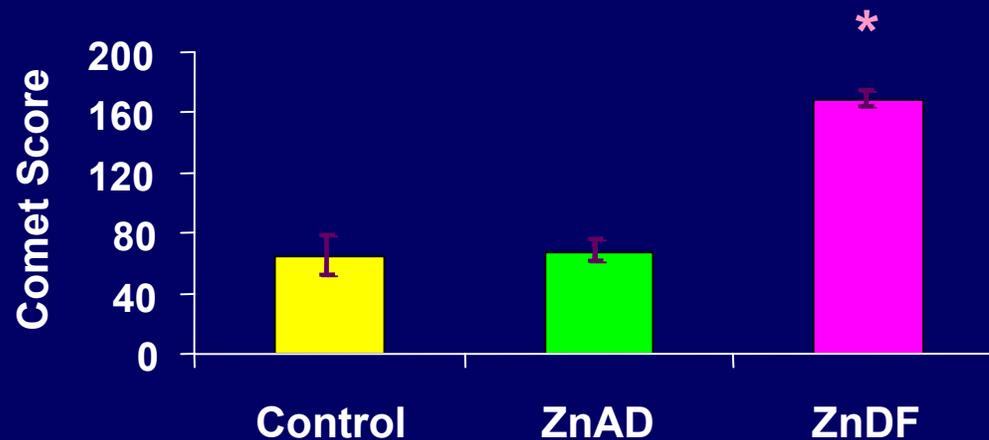
Control (+Fpg)



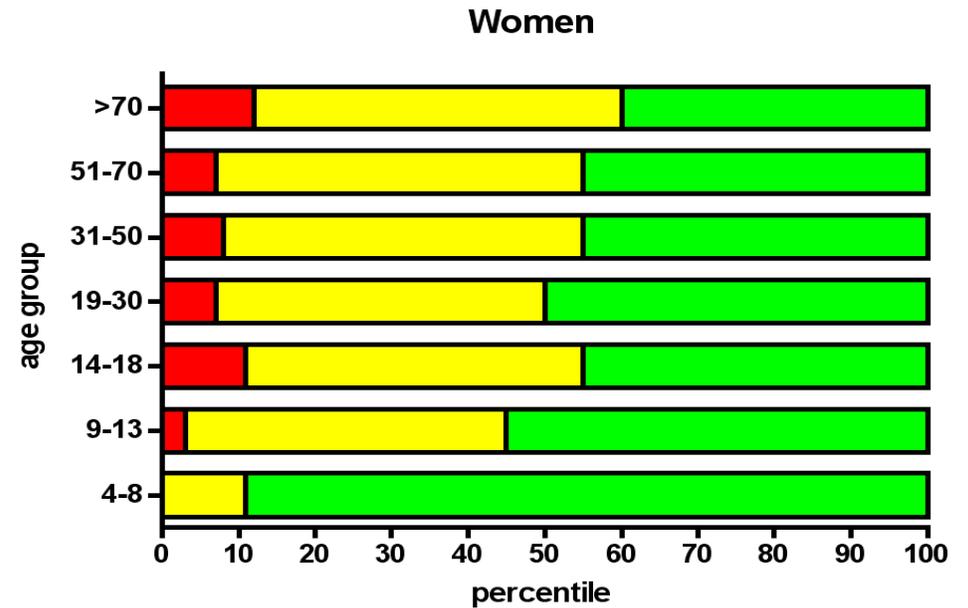
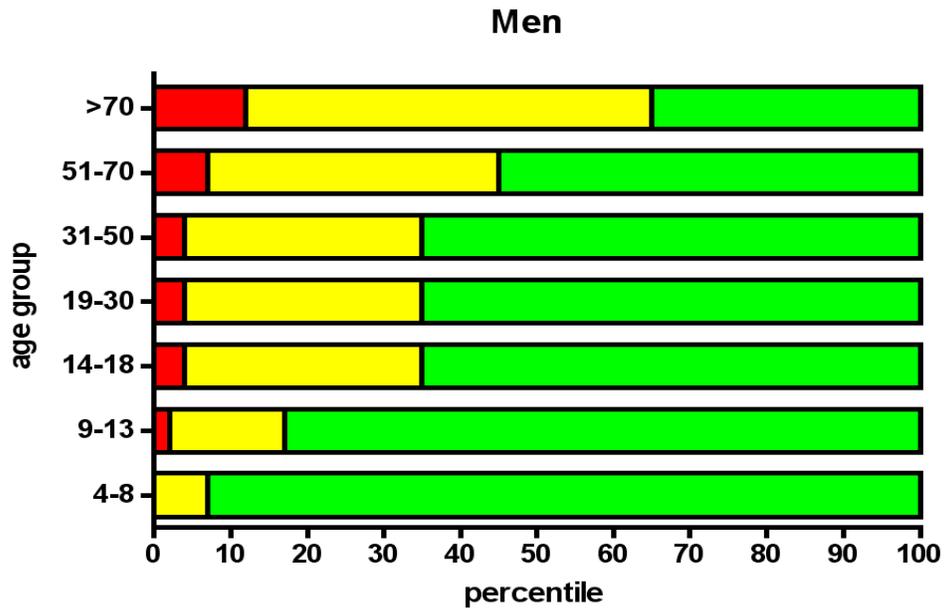
ZnAD (+Fpg)



ZnDF (+Fpg)



Zinc Deficiency



Mean intake by ethnic group (mg)			
	20 yrs	40 yrs	60 yrs
RDA	11	11	11
White	15	14	13
Black	16	13	10
Hispanic	15	15	11

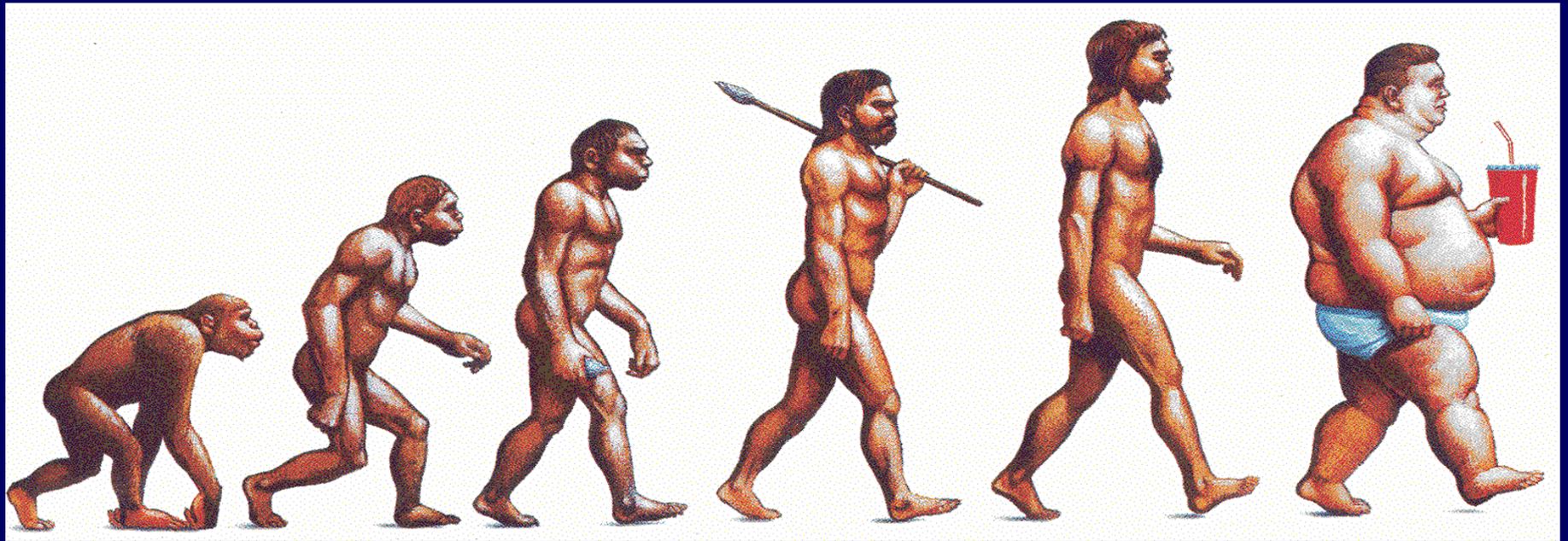
Mean intake by ethnic group (mg)			
	20 yrs	40 yrs	60 yrs
RDA	8	8	8
White	9	10	10
Black	10	8	8
Hispanic	11	9	8

“The main distinguishing characteristic
between man and the lower animals
is the desire to take pills”

Mark Twain



If you want fiber, Madame, I suggest you eat the menu.



The Economist, December 13, 2003



Dr. Allen Spiegel, NIDDK/NIH

Energy Sources - 1999-2000

Food	Cumulative Percentage
1. Regular soft drinks	7.1
2. Cake, sweet rolls, doughnuts, pastries	10.6
3. Hamburgers, cheeseburgers, meatloaf	13.8
4. Pizza	16.8
5. Potato chips, corn chips, popcorn	19.7
6. Rice	22.4
7. Rolls, buns, English muffins, bagels	25.0
8. Cheese or cheese spread	27.6
9. Beer	30.2
10. French fries, fried potatoes	32.4

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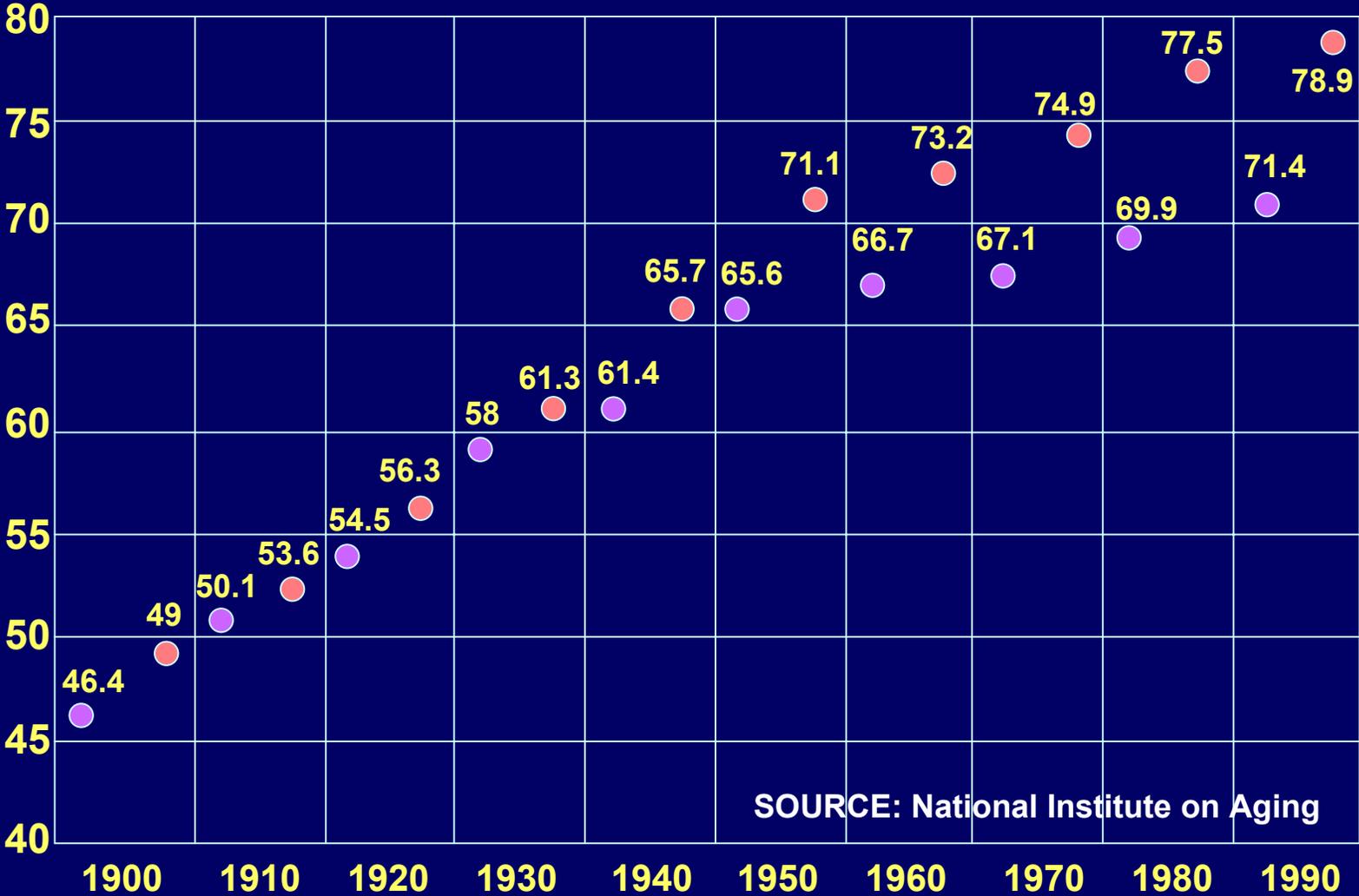
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Life Expectancy of Men and Women at Birth



SOURCE: National Institute on Aging

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van Gogh, 1885, Skull with Cigarette

