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Fortified foods and food supplements remain popular with today's health-conscious consumers, and the range of bioactives added to food is increasing. This book provides a comprehensive summary of the technology of food fortification and supplementation and associated safety and regulatory aspects. It covers methods of fortifying foods, not only with vitamins and minerals, but also with other nutraceuticals such as amino acids, polyphenols, and fatty acids. Subsequent chapters discuss safe levels for the addition of vitamins and minerals to foods and explain how to analyze polyphenols, antioxidants, and other nutraceuticals in fortified foods and supplements