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Dr. Juan Carlos Salcedo Reyes

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Bogotá, Colombia

Dear Dr. Salcedo,

Please find enclosed for consideration the following manuscript entitle: “**Relationship between vitamin intake and total antioxidant capacity in elderly adults”**, by Myriam Lucia Ojeda Arredondo, Magda Catalina Pinilla Betancourt, Martha Lucia Borrero Yoshida, Gonzalo Sequeda, Vivian Maritza Castro Herrera, Ángela Sofía García Vega, Juanita Carolina Rodríguez Rodríguez, Ofelia Diez, Paolo Lucci

This study shows the relationship Between the intake of vitamin A, ascorbic acid and tocopherol and the antioxidant capacity of plasma in a population of 118 adults over age 50 Belonging to program for elderly adults of Departmental Institute of Recreation and Sport called "Being healthy and active" of Usme in Bogotá, Colombia. In previous researches shows that a high intake of antioxidant-rich foods reduces the risk of cardiovascular and neurodegenerative diseases associated with increased production of free radicals and increased oxidative stress of the body, also different studies show that an increase in the consumption of such foods it is reflected directly in increased plasma antioxidant capacity. This study found when analyzing the consumption of certain antioxidants and relate these results with levels of plasma antioxidant capacity (AC) in the population studied, that there is no statistically significant association to suggest that consumption be optimal predictor AC, however these results should not lead to the conclusion that intake does not affect the AC, as previous studies have shown that the measurement of serum levels of nutrients are positively related to levels of antioxidant capacity, for this reason this study is interesting because it shows the importance of including measurement of nutrients and antioxidant capacity plasma besides of alone the analysis of intake.

This paper has not been published previously and is not under consideration elsewhere. The authors are responsible for the reported research, and have participated in the concept and design, analysis and interpretation of data, drafting or revising of the manuscript, and have approved the manuscript as submitted. The data, models, and methodology used in the research are proprietary and comply with the legal requirements of country and don´t exist conflicts of interest.

We recommend the following scientists as referee:

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Thank you for your consideration of my work. Please address all correspondence concerning this manuscript to me by e-mail [mojeda@javeriana.edu.co](mailto:mojeda@javeriana.edu.co).

Sincerely,

Myriam Lucía Ojeda Arredondo

Attachment: [list of all files attached such as manuscript Adjuntos:

* Cover Letter
* Manuscript
* Table files