Lycopene is the red antioxidant that gives tomatoes their color. It's part of a large family of antioxidants and plant pigments known as carotenoids. Although in smaller concentrations, lycopene is also found in watermelon, guava, pink grapefruit, papaya and apricot.

Natural-source lycopene is somewhat of a misnomer because it contains many related antioxidants. Researchers believe that this natural complex of related substances exerts a synergistic biological effect—the sum being greater than its parts.

Widespread interest can be traced back to a 1995 article in the Journal of the National Cancer Institute, which reported that diets high in lycopene rich tomato sauces significantly reduced the risk of prostate cancer.

Hidden Advantages
Supplemental lycopene may have several important health benefits:

- **Cancer protection.** When Harvard University researchers looked at the evidence on tomatoes and lycopene, they found 57 studies indicating that they protected against cancer. The evidence was strongest for cancers of the prostate, stomach and lung.

- **Prostate health.** Lycopene supplements may reduce the risk of, as well as the progression of, prostate cancer. In a year-long study, researchers found that 4mg of lycopene daily helped prevent the progression of a precancerous prostate condition to actual cancer. Men taking the lycopene had an average 42 percent decrease in their levels of prostate-specific antigen (PSA), a marker of prostate cancer risk.

- **Heart health.** Lycopene might reduce the risk of heart disease. In a study of middle-aged and elderly women, researchers found that people consuming the most lycopene-rich foods had a 34 percent lower risk of heart disease. In another study, consuming a lycopene-rich tomato extract led to reductions in blood pressure within eight weeks. Similarly, taking 2mg of natural-source lycopene lowered total cholesterol by 24 percent and the "bad" low-density lipoprotein (LDL) cholesterol by 15 percent. The researchers also reported that lycopene boosted the "good" high-density lipoprotein (HDL) cholesterol by 18 percent. For cardiovascular protection, take 2-5mg lycopene daily.

- **Skin damage.** Skin protection from ultraviolet rays has focused on minimizing sun exposure or using sunscreen. But this approach ignores the body's natural defenses against skin damage and cancer risk. Researchers found that...
Consuming either lycopene or lycopene-rich tomato products for 10–12 weeks decreased sunburn sensitivity.

**What to Buy**
Lycopene is as safe as tomatoes. Depending on your concerns, take 2–30mg daily. Unless you are allergic, opt for the natural form. Many products feature a proprietary and natural form of lycopene called Lyc-O-Mato, which has been used in research.

Made from natural tomato extract imported from Israel (Lyc-O-Mato), Bluebonnet LYCOPENE comes in softgels to aid in assimilation and absorption.

Created from non-genetically modified organisms (natural tomato), Nature’s Answer LYCOPENE may be a powerful source against free radicals.

Does Food Compare?

<table>
<thead>
<tr>
<th>FOOD</th>
<th>SERVING SIZE</th>
<th>LYCOPENE CONTENT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tomato juice</td>
<td>1 cup</td>
<td>22.9mg</td>
</tr>
<tr>
<td>Spaghetti sauce</td>
<td>½ cup</td>
<td>20mg</td>
</tr>
<tr>
<td>Watermelon</td>
<td>¼ of a watermelon</td>
<td>13.6mg</td>
</tr>
<tr>
<td>Tomato soup (condensed)</td>
<td>1 cup, prepared</td>
<td>13.1mg</td>
</tr>
<tr>
<td>Cocktail sauce</td>
<td>¼ cup</td>
<td>7.3mg</td>
</tr>
<tr>
<td>Raw tomato</td>
<td>1 medium</td>
<td>4.5mg</td>
</tr>
<tr>
<td>Ketchup</td>
<td>1 Tbs.</td>
<td>2.9mg</td>
</tr>
<tr>
<td>Pink grapefruit</td>
<td>½ medium</td>
<td>2.3mg</td>
</tr>
</tbody>
</table>

Take advantage of lycopene's skin benefits with DERMA SILK ANTI-WRINKLE from BioTech. In addition to 6mg of natural lycopene, the formula contains lutein and other antioxidants for enhanced skin appearance.

Natural Factors recommends using 1–2 of their easy-to-swallow LYCOPENE softgels with meals for maximum absorption.

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**ANNOUNCING A POWERFUL COMBINATION TO FIGHT WRINKLES AND IMPROVE MOISTURE & ELASTICITY OF THE SKIN.**

Each day our cells are bombarded by free radicals, attacking even the deepest levels of the skin resulting in unwanted fine wrinkles, loss of elasticity and moisture content. Antioxidants are the best defense against free radicals as they boost the body's ability to fight them and prevent their damage. Astavita Skin Defense Complex is a proprietary formula containing Astaxanthin & Tocotrienol – **two naturally powerful antioxidants.**

**ASTAVITA’S UNIQUE FORMULA**

- Improves appearance of fine lines, moisture level and elasticity*
- Contains AstaREAL® brand astaxanthin harvested in our patented BioDome™ system in Maui, Hawaii
- First developed in Japan as internal nutritional skin support
- Supported by research

Astellative Astaxanthin—the smart approach to healthy skin & antioxidant protection.*

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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