

Lycopene and Tomatoes in Human Nutrition and Health

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Lycopene is a potent antioxidant carotenoid found in fruits and vegetables; particularly high amounts exist in red tomatoes. It is not an essential nutrient for humans but can be a potential agent for preventing some types of cancers. Recently there has been renewed interest in lycopene's uses as an effective nutraceutical, playing roles in human nutrition and health. This book presents a comprehensive understanding of lycopene, focusing on its role in human nutrition, oxidative stress and chronic diseases.

KEY FEATURES

- Contains research on lycopene and tomatoes in human nutrition, and health
- Summarizes the role of lycopene in the prevention and treatment of chronic diseases
- Written for health professionals, research scientists, regulatory agencies; food and related nutritional supplement, pharmaceutical, and those involved with natural healthcare products
- Aids in the understanding of the roles that lycopene and tomatoes play in the prevention of not only cancer, but also other human health disorders
- Provides recommended intake levels for maintaining ideal health and future directions in lycopene research
- Presents information on tomato bioactives relevant for human health and future research

SELECTED CONTENTS

Lycopene: chemistry, metabolism and bioavailability. Genetic polymorphisms associated with blood concentration of lycopene. A possibility of the relationship between tomato, lycopene and high density lipoprotein cholesterol level. Lycopene, tomatoes and cardiovascular diseases. Modulation of inflammation by tomatoes and lycopene in the context of cardiometabolic diseases. Lycopene and bone health. Lycopene, tomatoes, and male infertility. Lycopene and tomatoes in the prevention and management of other human diseases. Lycopene and tomatoes: An industrial perspective. Lycopene: regulatory status on its antioxidant health claims.

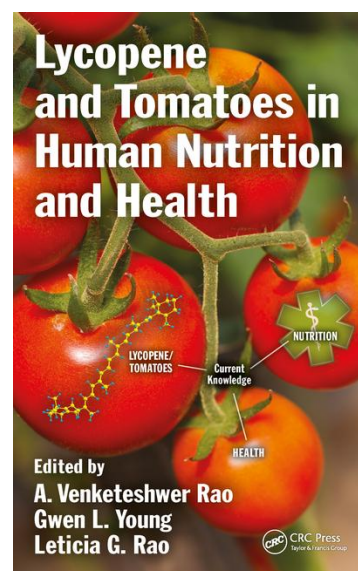
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