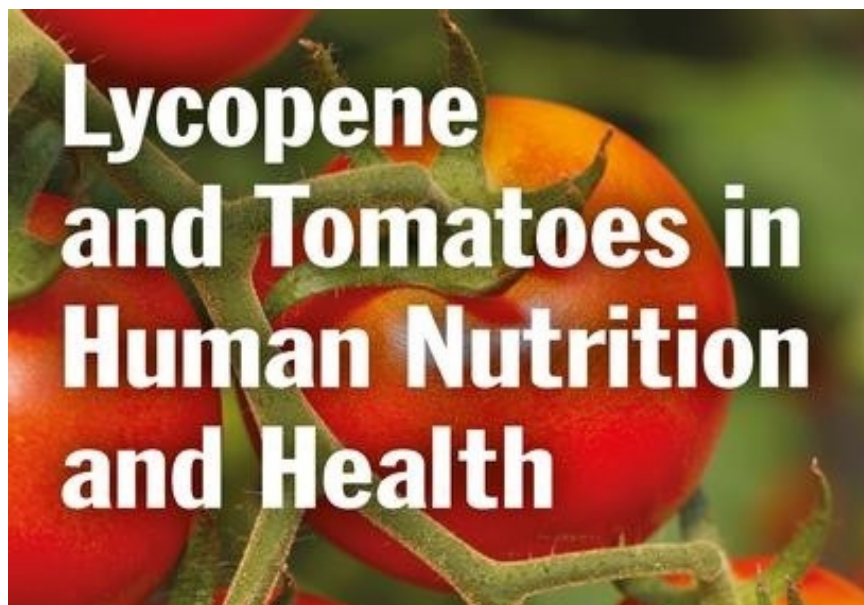




Publication: Lycopene and Tomatoes in Human Nutrition and Health



By A. Venketeshwer Rao, Gwen L. Young, Leticia Rao

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 therapeutic agent for preventing several human diseases.

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