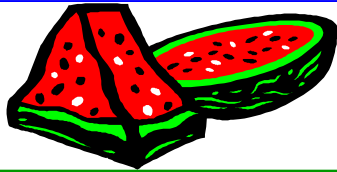


LYCOPENE

What is Lycopene?

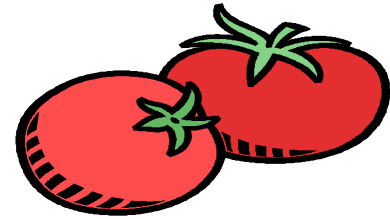
Lycopene is a red pigment that is found in:

- 🍉 Watermelon
- 🍌 Pink Guava
- 🍇 Pink Grapefruit
- 🍌 Papaya
- 🍅 Tomatoes



Suggested Intake:

- To date there is no set guideline. However health authorities are advocating a diet rich in lycopene.
- Nutritional benefits can be achieved by drinking as little as two glasses of tomato juice per day! This provides 47 mg of powerful lycopene!



What does it do?

May aid in prevention of certain types of cancers.

Such as:

- * Prostate
- * Cervical
- * Stomach
- * Lung

Exciting news suggest lycopene may help reduce heart disease and even protect against eye disease!



Have you had your lycopene today??

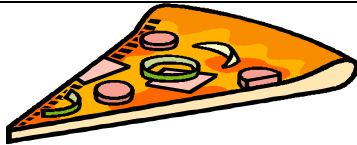
How much lycopene is in....?



**Tomato juice has 23.8 mg
per 8 oz glass.**



**One medium grapefruit
has 9.8 mg.**



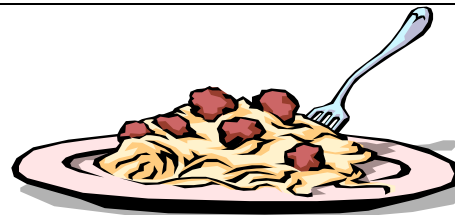
**One fourth cup pizza
sauce has 14.1 mg**



**A cup of tomato soup has
9.7 mg.**



**One teaspoon of
ketchup has 2.7 mg.**



**Half cup of spaghetti
sauce has 21.9 mg.**

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