

Tomato Lycopene and Prostate Health

By Prof T G Truscott (Keele University) and Prof Fritz Boehm (Medical Consultant, Berlin)

As men get older the risk of prostate diseases, from prostate enlargement to aggressive prostate cancer, increases. While enlargement is common in men aged over 50, the risk of getting prostate cancer is no more for such men than it is without this problem.

The main prostate disease, which DOES concern older men, is prostate cancer. Prostate cancer is the most common cancer in men, with near 1000 new cases diagnosed every week - it can develop slowly. If you have a close male relative, such as your father or brother, with prostate cancer you are at a higher risk. This means if you have this disease your son(s) are also at a higher risk, especially so if another male relative has the disease.

One of the most common tests for prostate cancer is a blood PSA test (Protein-Specific Antigen) - while this test can sometimes be unreliable (a high PSA level may not be due to cancer) it can be useful in detecting early prostate cancer.

Lycopene and Prostate Cancer

Lycopene is the red colour in tomatoes - it is known to accumulate in the prostate and there is evidence that lycopene can help those with established disease as well as those at a higher risk.

A trial at Kings College Hospital, London, used Lycopius (10mg Lycopene per day). All the men on this 1 year trial had established prostate cancer, an average age of 70, average PSA 23ng/ml and they were monitored during and at the end of the trial.

The trial results (published in the journal *Prostate Cancer and Prostatic Diseases*) showed that 70% of those on the trial had a significant reduction in the PSA rate or a PSA reduction. The urologists running the trial reported "Our clinical study lends weight to the probability that dietary supplementation from Lycopene [from Lycopius] slows disease progression in men with prostate cancer".

The reason why only 7 out of 10 men showed an improvement and 3 showed no improvement is not explained in this work. We believe some men are unable to take up sufficient lycopene and so a higher dose may have increased the number who would have benefited. This is why we have increased to dose of bio-available lycopene in Lycopius capsules, since this trial, from 10mg to 15mg/capsule.

Nigel Johnson BBC Radio Stoke Football Commentator says:

"I take Lycopius every day to reduce prostate problems and maintain my good health"



Another trial comes from America - Omer Kucuk (Oncology Professor, Detroit) studied men with existing prostate cancer who were to have radical prostatectomy. The trial results, (published in *The American Institute of Cancer Research*) led Professor Kucuk to report: "Lycopene from tomato extract may not only prevent prostate cancer but may also be useful to treat prostate cancer".

As well as these and other promising results for men with established prostate disease, what about those currently free of the disease but possibly at higher risk? Here, we believe the results of a large trial from the USA are important.

Professor Edward Giovannucci, (Harvard Medical School), has followed 50,000 men, investigating the relationship between the incidence of prostate cancer and lycopene intake. In a recent paper (published in *The Journal of National Cancer Institute* - Oxford University Press), he concluded: "Dietary intake of lycopene was associated with reduced risk of prostate cancer, especially lethal prostate cancer".

What the papers say:

"Research hints they may prevent prostate cancer's onset"

The Times

"Tomato pills may lower risk prostate cancer"

Daily Mail (online)

"Tomato pills to cut cancer risk - 2 cancer-fighting nutrients thought healthy"

Daily Telegraph

"Lycopene's effect on preventing cancer of the prostate is now 'improving'"

The Times

While the trials so far indicate the benefits of tomato lycopene for those men with established prostate cancer, more extensive trials would be worthwhile. However, many men are not waiting but are taking bio-available lycopene, such as Lycopius, to reduce the risk of prostate disease and, we believe, mitigating the disease if it is already present.

What our customers say: We get many letters, emails and phone calls telling us of the success of Lycopius. Often these tell us of a rising PSA value being stabilised or sometimes actually falling. Typically, recently a new customer from South Wales has told us his PSA has fallen 25% after only 12 weeks of taking Lycopius.

Stay Informed: To order or for a free newsletter please call 08000 234 235 or visit www.lycopius.co.uk

Natural Lycopene Supplement

Each **lycopius one-a-day capsule** contains 15mg of natural lycopene plus 60mg of Vitamin C and 10 mg of vitamin E. These enhance the effect of the lycopene supplement.

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