

Diabetes Mellitus

Lycopene Supplementation and Disease Risk

Main findings

- Data are limited but may suggest a beneficial relationship between lycopene supplementation and risk factor management in people with diabetes.
- Lycopene supplementation decreased oxidative stress and improved lipid status in people with diabetes.

Summary of studies and outcomes

- Number of studies = 2
- Risk estimates (RE) = 2
 - (-) = 2
 - N = 0
 - (+) = 0
- Risk estimates by Tomato or Lycopene category
 - \sqrt{GT} G. Tom =
 - \sqrt{PT} P. Tom =
 - \sqrt{FT} F. Tom =
 - \sqrt{Lyco} Lyco = 2 (-)

Table: Relationship between Dietary Lycopene and Diabetes risk

Study Type	N= studies	NEGATIVE ASSOCIATION (protective)					NEUTRAL ASSOCIATION (no associated risk or benefit)					POSTIVE ASSOCIATION (risk factor)				
		Sample size, n=					Sample size, n=					Sample size, n=				
Diabetes		≤100	101-200	201-500	501-1000	≥1000	≤100	101-200	201-500	501-1000	≥1000	≤100	101-200	201-500	501-1000	≥1000
RCT	0															
Interv	1						\sqrt{Lyco}									
PC	2						\sqrt{Lyco}				\sqrt{Lyco}					
CC	0															
Cross Sec	2							\sqrt{Lyco}			\sqrt{Lyco}					
Eco	0															