

Skin

Lycopene Supplementation and Disease Risk

Main findings

- Data suggest a beneficial effect of lycopene supplementation (> 8 weeks) in reducing UV light-induced erythema.
- Effect may depend on increased carotenoid and lycopene in skin.
- 1 RCT (n=80) suggests topical benefits for skin structure, firmness, and condition in postmenopausal women

Summary of studies and outcomes

- Number of studies = 2
- Risk estimates (RE) = 2
 - (-) = 1

N = 1

Table: Relationship between Lycopene Supplementation, Skin protection and general skin health

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=				
Skin		≤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	2	√ _{Lyc}					√ _{Lyc}									
Interv	0															
PC	0															
CC	0															
Cross Sec	0															
Eco	0															

End point = erythema

(+) = 0

Risk estimates by Tomato or Lycopene category

√GT G. Tom =

√PT P. Tom =

√FT F. Tom =

√Lyc Lyco = 1 (-), 1 (N)