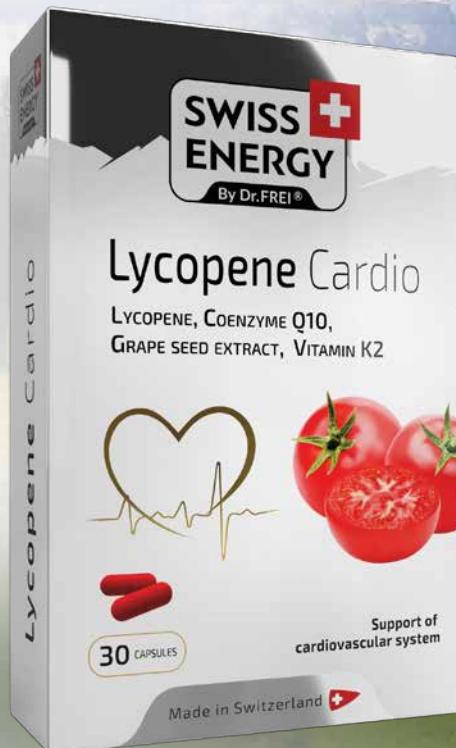


SWISS ENERGY

By Dr.FREI®



LYCOPENE CARDIO



**Powerful Antioxidant
for cardiovascular health**

WHAT IS LYCOPENE

Lycopene is a carotenoid found in red, pink, and orange vegetables and fruits. Especially a lot of it in red tomatoes. Like all carotenoids, Lycopene has **powerful antioxidant and anti-inflammatory properties**.

Lycopene is found in both fresh and canned fruits and vegetables. Their heat treatment during cooking increases the bioavailability of Lycopene. In addition, using vegetable fat improves the absorption of Lycopene, since it is lipid soluble.

**How much Lycopene
is in a tomato?**



**A medium-sized fresh tomato contains
about 2.5 mg of Lycopene.**

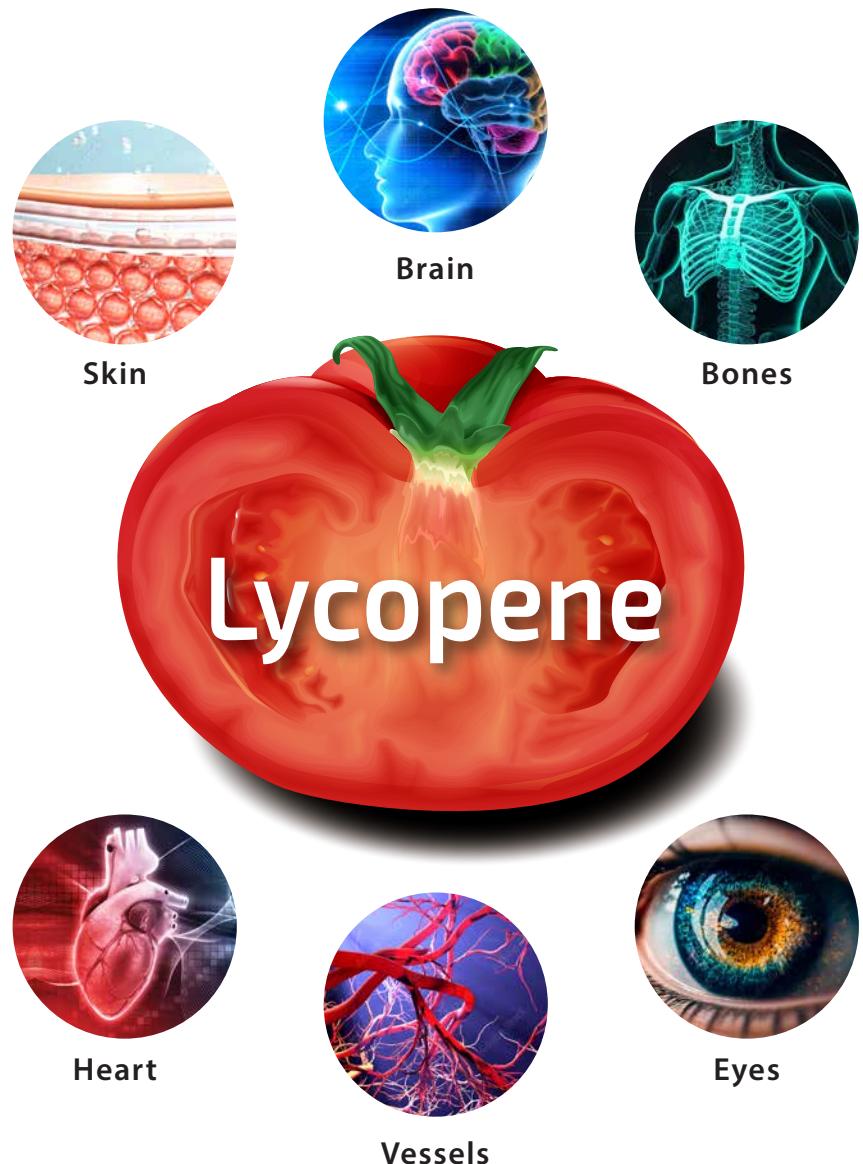
HEALTH BENEFITS OF LYCOPENE

Lycopene is one of the most powerful plant-based antioxidants. It has a positive effect on many human organs and systems and is very useful for the heart, blood vessels, eyes, skin, brain and bones.

Lycopene

- May help protect DNA, proteins and lipids from oxidation stress.
- Defeats from free radicals that can damage cell membranes.
- Slows down the aging process of the body and promotes longevity.

Dietary supplements can also be an excellent source of Lycopene. They contain a high and precise dosage of Lycopene and are guaranteed to provide the body with its right amount.



HEALTH OF HEART AND BLOOD VESSELS

Clinical studies have demonstrated the effects of Lycopene on heart health. Studies have shown that it **improves blood pressure and correlates with a reduced risk of stroke.**

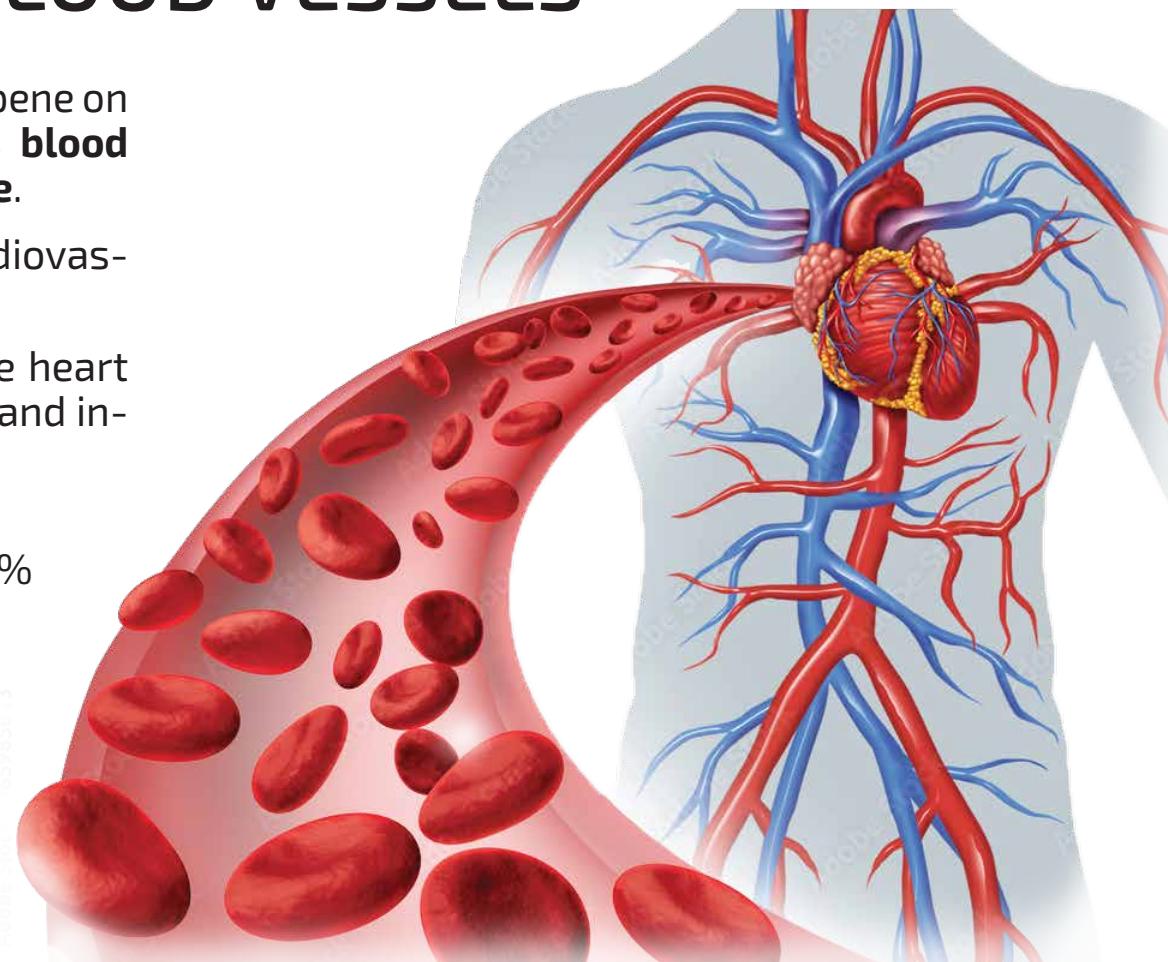
Lycopene may help reduce the risk of developing cardiovascular disease.

In particular, it can reduce free radical damage to the heart and blood vessels, lower total and "bad" cholesterol, and increase levels of "good" cholesterol.

In a 10-year study, diets rich in lycopene resulted in a 17-26% reduction in the risk of heart disease and a 31% reduction in the risk of stroke.

SUMMARY

The strong antioxidant properties of Lycopene may help lower cholesterol levels and reduce the likelihood of premature death from cardiovascular disease.



BRAIN HEALTH

Existing evidences suggest that Lycopene plays a positive role in brain health and neuroprotection. Studies show that Lycopene may **promote mental performance and memory**, mainly due to its antioxidant properties and ability to reduce oxidative stress in tissues.

Its neuroprotective effects also help balance the levels of cytokines (proteins that are involved in immunity). The antioxidant properties of Lycopene may help prevent memory loss that comes with age.

SUMMARY

Higher dietary intake of lycopene is associated with maintaining cognitive health during aging, and many studies show that this phytonutrient helps balance oxidative stress in older age.



EYE HEALTH

You have probably heard that carrots are good for the eyes. As it turns out, beta-carotene isn't the only one with health benefits. Lycopene also **promotes eye health and visual acuity.**

Lycopene has anti-inflammatory properties and reduces oxidative stress, which promotes eye health and function. In addition, Lycopene has been shown to support vision in the elderly.



SKIN PROTECTION

Researchers have found that Lycopene and beta-carotene are the main carotenoids found in the skin, which explains why they are often used in skin care products. Concentrated doses of Lycopene **provide protection from the harmful effects of the sun.**

In one 12-week study, participants were exposed to ultraviolet rays before and after consuming Lycopene or a placebo. Participants in the Lycopene group had less severe skin reactions to UV exposure.



BONES STRENGTHENING

Research on Lycopene shows that increased consumption of Lycopene leads to an increase in **total bone mineral concentration and bone mineral density**, two key indicators of bone health. Bone mineral density is especially important at an early age (when bone growth is at its peak) and later in life to keep bones strong and healthy.

There is growing evidence that Lycopene has the ability to maintain bone strength. Lycopene has been shown in a clinical study to affect bone metabolism (production and breakdown of bone tissue). The authors found that Lycopene changes the activity of several genes that maintain bone density, which ensures bone strength.

SUMMARY

The antioxidant action of Lycopene can slow bone cell death, strengthen bone structure, and help keep bones healthy and strong.





LYCOPENE CARDIO

LYCOPENE CARDIO IS A SWISS LYCOPENE with enhanced support of the heart!

ONE CAPSULE CONTAINS:

Lycopene – 5 mg

Coenzyme Q10 – 10 mg

Grape seed extract – 50 mg

Vitamin K2 – 50 mcg

Coenzyme Q10

- slows down the development of atherosclerosis
- increases the contractility of the heart
- contributes to the normalization of blood pressure

Grape seed extract

- binds free radicals
- reduces the risk of developing cardiovascular diseases
- has an anti-aging effect

Vitamin K2

- reduces the risk of developing cardiovascular diseases
- prevents vascular calcification
- improves vascular elasticity





LYCOPENE CARDIO

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