



Unlock the Power of Lycopene

David Yeung, Venket Rao

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"Unlock the Power of Lycopene" explores how lycopene, powerful antioxidant abundant in red tomatoes, may help prevent prostate cancer, some other forms of cancer, heart disease and other ailments. In addition to exploring the latest research, "Unlock the Power of Lycopene" includes a wealth of interesting information about tomatoes, plus recipes, all in a reader-friendly format.

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