

Review Article

Lycopene: A Potent Antioxidant with Multiple Health Benefits

Mercy Omoye Shafe^{1,2}, Nontobeko Myllet Gumede,³ Trevor Tapiwa Nyakudya,³ and Eliton Chivandi¹

¹School of Physiology, Faculty of Health Sciences, University of the Witwatersrand, 7 York Road, Parktown, Johannesburg 2193, South Africa

²Department of Human Physiology, Faculty of Basic Medical Sciences, College of Medicine and Allied Health Sciences, Bingham University, P.M.B. 005, New Karu, Nasarawa 961002, Nigeria

³Department of Physiology, School of Medicine, Faculty of Health Sciences, University of Pretoria, Private Bag X323, Gezina, Pretoria 0031, South Africa

Correspondence should be addressed to Mercy Omoye Shafe; 2404174@students.wits.ac.za

Received 27 December 2023; Revised 14 May 2024; Accepted 20 May 2024

Academic Editor: Toshikazu Suzuki

Copyright © 2024 Mercy Omoye Shafe et al. This is an open access article distributed under the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original work is properly cited.

Lycopene is a naturally occurring carotenoid predominantly found in tomatoes and tomato-based products. Like other phytochemicals, it exhibits health beneficial biological activities that can be exploited when it is used as a dietary supplement. *In vitro* and *in vivo*, lycopene has been demonstrated to mitigate oxidative stress-induced metabolic dysfunctions and diseases including inflammation, obesity, and diabetes mellitus. Lycopene has been shown to alleviate metabolic diseases that affect the bone, eye, kidney, liver, lungs, heart, and nervous system. This review presents the state of the art regarding lycopene's health benefits and its potential applications in health system delivery. Furthermore, lycopene's protective effects against toxins, safety in its use, and possible toxicity are explored.

1. Introduction

The use of medicinal plants has deep historical roots, ingrained in the traditional healing practices of diverse cultures worldwide [1]. Throughout centuries, indigenous communities and ancient civilizations have harnessed the therapeutic properties of plants, passing down invaluable knowledge through generations [2]. Ethnomedicine, a field dedicated to study traditional medicinal practices, has played a crucial role in documenting this wealth of wisdom. The effectiveness of ethnomedicinal plants in disease management is attributed to their constituent bioactive phytochemicals, such as carotenoids, which are known to have multiple health benefits [3]. Lycopene, a fat-soluble carotenoid, is one of the most abundant and important carotenoids [4]. It has potent antioxidant activity [5]. This carotenoid, a bioactive organic pigment, is found in pink grapefruit, papaya, guava, apricot, watermelon, and vegetables but is

highly concentrated in tomatoes and tomato-derived products [6]. It has been reported to be one of the strongest antioxidants among carotenoids [7]. As one of the most potent antioxidants, its capacity to neutralise singlet oxygen is double that of β -carotene, ten times greater than that of α -tocopherol, and one hundred and twenty-five times more effective than glutathione [5]. Lycopene, isolated from *Lycopersicum esculentum* (tomato) in 1903, was named after the fruit from which it was isolated [8]. More than 85% of the lycopene in the diet is derived from tomatoes and tomato-based products [8]. In addition to fruits and vegetables, lycopene is also found in some food ingredients, as shown in Table 1 [9, 10]. While overall tomatoes are a good source of lycopene, research has demonstrated that different tomato and other fruit varieties have different lycopene content [7]. In addition to varietal differences, the microenvironment in which the tomato and or other lycopene-containing fruit are grown, for example,

TABLE 1: Lycopene concentration in fresh fruits and processed food products.

Fruit/processed food product	Lycopene content (mg/100 g)
Apricot and fresh tomatoes	0.11–5.3
Carrot	0.65–0.78
Cooked tomatoes	3.70
Fresh tomatoes	0.72–4.2
Ketchup	9.90–13.44
Papaya	0.11–5.3
Pink grapefruit	0.35–3.36
Pink guava	5.23–5.5
Pumpkin	0.38–0.46
Rosehip	0.68–0.71
Sweet potato	0.02–0.11
Tomato paste	5.40–150
Tomato sauce	6.20
Watermelon	2.30–7.20

Source: [9, 10].

temperature, humidity, edaphic conditions, and fruit maturity status at harvest also influence lycopene content [11]. Where the soil microbiome has favourable microbes, a 36% increase in lycopene has been reported [11].

Several studies have investigated the potential of lycopene to mitigate risk factors for obesity, type 2 diabetes mellitus, and cardiovascular diseases, conditions characterised by dyslipidaemia, oxidative stress, and inflammation [12]. These studies have shown that lycopene improved outcomes of these metabolic diseases [13]. Lycopene, known for its antioxidant properties, has been found to reduce oxidative stress, a significant contributor to the development of metabolic diseases [14]. In addition, it has been shown to mitigate inflammation and dyslipidaemia, thereby reducing the risk of cardiovascular diseases and insulin resistance [15, 16]. Research suggests that regular consumption of lycopene as a dietary supplement can potentially remediate insensitivity to insulin, hypertension, and obesity-related metabolic complications [17, 18].

2. Lycopene: Biochemistry and Physical Properties

In nature, over 750 carotenoids have been identified [19]. About 40 to 50 are found in the human diet, and lycopene is the sixth most common carotene in food products [20, 21]. Two main categories of carotenoids exist: hydrocarbon carotenoids and xanthophylls. Hydrocarbon carotenoids such as α -, β -, and γ -carotene lycopene are made up of hydrogen and carbon, while xanthophylls, for example, lutein, β -cryptoxanthin, and zeaxanthin, contain oxygen along with carbon and hydrogen [4, 22]. Lycopene, as an aliphatic straight-chain hydrocarbon, contains two unconjugated double bonds and 11 conjugated bonds [23]. Its conjugated double bonds are subject to isomerization through heat, light, and chemical reactions [20]. Lycopene is found in *trans*- and *cis*-isomers, but the *cis*-isomers are better absorbed and have greater bioavailability than *trans*-lycopene [24, 25]. All-*trans*, 5-*cis*,

9-*cis*, 13-*cis*, and 15-*cis* are the most common forms of lycopene isomers, and the 5-*cis* isomer is the most stable isomer [26, 27]. The molecular structure and physical properties of lycopene are shown in Figure 1 [28] and Table 2, respectively [8, 29].

3. Lycopene: Absorption, Transportation, and Distribution

Following ingestion, lycopene released from the food matrix combines with micelles-containing bile salts, cholesterol, and fatty acids [30] and is then absorbed. Due to its hydrophobicity, the dissolution of lycopene within micelles in the small intestines facilitates its absorption [5] through the passive diffusion of lipids across the unstirred water layer in the enterocytes [31]. Inside the absorptive enterocyte, lycopene, together with free fatty acids, monoglycerides, and fat-soluble vitamins, is packaged into chylomicrons and released into the lymphatic system for transportation into the bloodstream and liver [23]. A fibre-rich diet has been proven to decrease the absorption of lycopene. Such fibrous diets also mediate the absorption of lycopene, resulting in over 40% reduction in plasma lycopene [32]. Several factors, among these, alcohol, smoking, gender, age, hormonal status, and other dietary elements, affect the absorption of lycopene [32]. As healthy individuals grow older, the bioavailability of lycopene tends to decrease, possibly due to age-related structural changes in the gastrointestinal tract that result in reduced absorptive efficiency [33]. Humans absorb about 10% to 30% of dietary lycopene; the rest is excreted through faeces [8, 33]. The lycopene in heated and processed tomato products is better absorbed compared to that from fresh, unprocessed tomatoes [20]. Thermal exposure during cooking and processing of lycopene-containing foods breaks the food matrix and converts the natural (all-*trans*) lycopene structure to its *cis* geometric isomer, which is 2.5 times better absorbed from the gastrointestinal tract [34, 35]. Following its absorption from the small intestines, lycopene is distributed to the various body tissues [33]. The assimilation of lycopene by the tissues from lipoproteins is mediated by certain membrane receptors known as scavenger receptor class B type 1 (SR-B1) and cluster of differentiation 36 (CD36) [4]. In humans, the concentration of lycopene in the testes is ten times greater than that found in other tissues [8]. This high concentration in the testes is followed by its concentration in the adrenal gland, liver, prostate, breast, pancreas, skin, colon, ovary, lung, stomach, kidney, adipose tissue, and cervix [8]. However, *cis*-lycopene is mainly distributed in the liver and adipose tissue [24]. Table 3 illustrates the concentration of lycopene in various human tissues [36, 37]. Lycopene, the primary carotenoid found in human plasma, exhibits a half-life of approximately 2 to 3 days. Its concentration in plasma and tissues ranges between 0.2–21.4 nmol/g and 0.15–21.36 nmol/g, respectively [8, 36]. In their study, Zaripheh et al. [38] reported that in rats, lycopene was most concentrated in the liver, adipose tissue, adrenal tissue, and spleen.

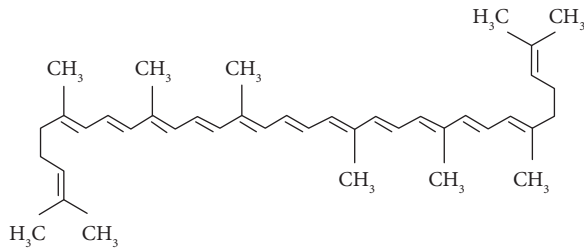


FIGURE 1: Molecular structure of lycopene.

TABLE 2: Physical properties of lycopene.

Property	Value/normal range
Boiling point	660.9°C at 760 mmHg
Crystal form	Long red needles separate from a mixture of carbon disulfide and ethanol
Density	0.889 gm/cm ³
Flash point	350.7°C
Main hazards	Combustible
Melting point	172–175°C
Molecular weight	536.85 Da
Powder form	Dark reddish-brown
Refractive index	1.531
Solubility	Soluble in chloroform, hexane, benzene, carbon disulfide, acetone, petroleum, tetrahydrofuran, carbon disulfide, ether, and oil; insoluble in water, ethanol, and methanol
Stability	Sensitive to light, oxygen, high temperature, acids, catalyst, and metal ions
Vapour pressure	1.33·10 ⁻¹⁶ mmHg (25°C)

Source: [8, 29].

TABLE 3: Lycopene concentration in some human tissues.

Tissue	Lycopene (nmol/g wet weight)
Adipose	0.2–1.3
Adrenal	1.9–21.6
Brainstem	Non detectable
Breast	0.8
Colon	0.3
Liver	1.3–5.7
Lung	0.2–0.6
Ovary	0.3
Prostate	0.8
Skin	0.4
Stomach	0.2
Testis	4.4–21.4

Source: [36, 37].

4. Lycopene Autoxidation

Known to be thermolabile, lycopene undergoes autoxidation when exposed to both light and oxygen [23]. The heat-, light-, and oxygen-induced lycopene degradation gives rise to acetone, methyl-heptenone, laevulinic aldehyde, and glyoxal, a colourless compound that produces a grass-like smell [23]. In addition to the attractive colour of the final lycopene degradation products, their biodegradation also affects their flavour and nutritive value [39].

5. Biological Activities of Lycopene

The meta-analyses and clinical trials of lycopene in human studies are shown in Table 4.

5.1. Antiobesity Effects. Obesity results from an excessive buildup of body fat. It has a detrimental effect on a person's metabolic health and overall well-being [66]. The development of obesity is influenced by a variety of factors with complicated origins that involve psychological, environmental, socioeconomic status, and biological components [67–69]. The risk of cardiovascular diseases, cancer, depression, dyslipidaemia, type 2 diabetes mellitus, non-alcoholic fatty liver diseases (NAFLD), and hypertension is heightened in obese individuals [70–73]. Obesity elevates the prevalence of oxidative stress by disrupting the balance between oxidants and antioxidant activity [74], which leads to the presence of “unpaired mitochondria” (individual mitochondria within a cell that have not fused or aligned with others to form interconnected networks) and an upsurge in reactive oxygen species [75]. Consequently, the normal functioning of the adipose tissue is disrupted, resulting in an increased production of adipocytokines and a reduction in adiponectin levels, which contribute to the occurrence of metabolic syndrome [76, 77]. Numerous studies have reported on the health beneficial antioxidant activity of lycopene. In male Wistar rats exposed to a high-fat diet for 12 weeks, supplementation with lycopene at 25 mg/kg body weight for a period of 4 weeks was shown to reduce plasma interleukin 6 (IL-6), tumour necrosis factor alpha (TNF-α), leptin, very low-density lipoprotein (VLDL), low-density lipoprotein (LDL), and total cholesterol (TC), but it elevated plasma high-density lipoprotein (HDL) levels [78]. The supplemental lycopene also reduced malondialdehyde (MDA) concentration but increased hepatic superoxide dismutase (SOD) and catalase (CAT) activities in the liver tissue, demonstrating that it (lycopene) potentially is a potent antioxidant that decreases hepatic oxidative stress by increasing systemic antioxidant and enzyme activities [78]. Pre- and/or postweaning supplementing Sprague–Dawley rat pups whose dams were fed a high-fat diet with lycopene at 1% improved the offspring's brown adipose tissue (BAT) development, reduced accumulation of white adipose tissue (WAT), and enhanced serum antioxidant capacity and blood glucose homeostasis [79]. In mice fed a high-fat diet, lycopene was shown to improve glucose and lipid metabolism and decrease body weight gain by stimulating WAT browning and activating BAT through modulation of peroxisome proliferator-activated receptor gamma (PPARG) [24]. In another study, where lycopene was administered at 25 and 50 mg/kg body weight for 3 months to male Wistar rats, results showed increased HDL, improved antioxidant, and oxidant biomarkers, decreased triglycerides (TG), LDL, apolipoprotein-B (Apo-B), and β-hydroxybutyrate, but boosted hepatic PPARG levels [80]. Furthermore, tomato oleoresin, which contains 10 mg/kg body weight of lycopene, when orally administered to male Wistar rats for 6 weeks, mediated a significant increase in the expression of

TABLE 4: Meta-analyses and clinical trials of lycopene in human studies.

Biological effects	Mechanisms of action	References
Anticancer	Suppressed cell proliferation, induced cell cycle arrest, and increased apoptosis in breast cancer cell lines	[40]
	Decreased insulin-like growth factor-1 (IGF-1) and increased apoptosis in prostate cancer cell	[41]
Cardioprotection	Enhanced endothelial function and decreased triglyceride levels in patients with ischemic heart failure	[42]
	Increased flow-mediated dilation and total oxidative status decreased	[43]
	Increased HDL, paraoxonase-1 (PON-1), lecithin cholesterol acyltransferase (LCAT), decreased serum amyloid A (SAA), and cholesteryl ester transfer protein (CETP) activities	[44]
	Reduced levels of fasting blood glucose in patients with type 2 diabetes mellitus	[45]
Antidiabetic	Decreased glycated haemoglobin (HbA1c) levels and fasting blood glucose concentration	[46]
Anti-inflammatory	Inhibited NF- κ B and c-Jun N-terminal kinase (JNK) activation. Suppressed the expression of COX-2, iNOS, TNF- α , IL-1 β , and IL-6	[47]
Antioxidant	Increased bone mineral density	[48]
	Increased SOD, GSH-px, and decreased MDA	[49]
	Decreased lipid peroxidation and fragmentation of sperm DNA	[50]
	Increased arachidonic acid to docosahexaenoic acid ratio	[51]
Sperm quality enhancement and fertility promotion	Reduced oxidative stress and enhanced sperm quality	[52]
	Protection against steatosis and liver damage	[53]
	Regulated oxidative stress and liver enzyme levels in individuals with metabolic syndrome	[54]
	Decreased body weight, BMI, waist circumference, total cholesterol, and increased HDL levels	[55]
Renoprotection	Elevated levels of serum lycopene reduce the risk of mortality in individuals with CKD	[56]
	Increased consumption of lycopene decreased the occurrence of CKD in women	[57]
Lung protection	Decreased airway neutrophil influx and decreased activity of neutrophil elastase in sputum	[58]
	Increased SOD and CAT and decreased MDA, TNF- α , IL-1 β , and IL-6 levels in chronic obstructive pulmonary disease (COPD)	[59]
Neuroprotection	Elevated serum levels of lycopene are associated with a decreased risk of Alzheimer's disease (AD) mortality in adults	[60]
	Enhanced cognitive function in middle age	[61]
Gastroprotection	Decreased bleeding index and reduction in the percentage of gingivitis	[62]
	Increased consumption of lycopene improved bowel function and helped prevent chronic constipation	[63]
Osteoprotection	Stimulated WNT/ β -catenin and ERK1/2 pathways, increased the expression of RUNX2, alkaline phosphatase, and COL1A, and decreased RANKL in Saos-2 cells	[64]
	Increased total antioxidant capacity, decreased lipid peroxidation, protein oxidation, and N-telopeptide of type 1 collagen	[65]

messenger RNA (mRNA) of adiponectin, forkhead box O1 (FoxO1), fatty acid translocase/cluster of differentiation 36 (FAT/CD36), and sirtuin 1 (SIRT1), but downregulated PPAR γ expression in the adipose tissue of obese rats [81].

5.2. Antioxidant Effects. Oxidative stress is recognised as a significant contributing factor to an increased risk of cancer, the onset and progression of various metabolic and chronic disorders [82]. The concept of oxygen radicals has been established for the past 50 years; however, its role in the advancement of diseases was discovered in the past two decades [83]. In several biological processes that are vital for life, free radicals play an important role, such as the destruction of intracellular bacteria by phagocytes such as macrophages and granulocytes [82]. Excessive production of reactive oxygen species (ROS) causes protein, deoxyribonucleic acid (DNA), and lipid damage [84]. Damage to these cellular molecules leads to tissue injury and interruption in vital cellular processes [85]. Consuming diets rich in antioxidants or supplementing with bioactive molecules such as vitamins, tannins, and carotenoids may offer protection against oxidative damage [86]. Carotenoids such as lycopene are potent antioxidants that inhibit or hinder the advancement of diverse disorders triggered by ROS [5]. Carotenoid antioxidant activity has been investigated in multilamellar liposomes by measuring the inhibition of the formation of thio-barbituric acid-reactive substances. Lycopene was shown to be the most potent antioxidant in the sequence: lycopene, γ -tocopherol, astaxanthin, canthaxanthin, α -carotene, β -carotene, bixin, zeaxanthin, lutein, α -tocopherol, glutathione, cryptoxanthin, crocin, and lipoic acid [8, 87]. Lycopene attenuates ROS effects through radical addition or adduct formation, electron transfer to the radical, and allylic hydrogen abstraction [6], and radical addition and allylic hydrogen abstraction contribute to its antioxidant effects [88]. Lycopene has been reported to enhance the status of enzymatic (catalase, superoxide dismutase, and peroxidase) and nonenzymatic antioxidants such as vitamins C and E from their radicals by increasing the cellular antioxidant defence system [33]. In addition, lycopene acts as an antioxidant in systems that produce singlet oxygen but behaves as a pro-oxidant in systems that create peroxide [89]. In low doses, it acts as an antioxidant, but at high doses, it acts as a pro-oxidant [90]. Factors such as lycopene concentration, tissue oxygen tension, and interaction with other antioxidants have been reported to influence the pro-oxidant potency of lycopene [6]. In situation where there is an imbalance between antioxidant defences and ROS production, such as during inflammation or exposure to environmental toxins [91], lycopene may switch from its antioxidant role to a pro-oxidant role [89]. Under these conditions, lycopene radicals may contribute to oxidative stress by reacting with cellular components and promoting further ROS generation [92]. Studies have suggested that under conditions of low oxygen levels, its antioxidant properties predominate [93, 94].

5.3. Hypcholesterolaemic Effects. An imbalance in the level of cholesterol in the body results in a lipid disorder known as hypercholesterolemia, a notable risk factor for atherosclerosis and related conditions such as coronary and cerebrovascular diseases [95, 96]. Several animal and human trials have investigated the association between lycopene and cholesterol. Male broiler chickens fed a standard grower diet supplemented with lycopene at 100 mg/kg body weight for 3 weeks had significantly reduced serum total cholesterol, triglyceride, very low-density lipoprotein, and increased high-density lipoprotein content compared to counterparts fed the control diet [97]. In apolipoprotein E knockout mice fed a high-fat diet and lycopene supplementation at 60 mg/kg body weight daily for 14 weeks, the administered lycopene significantly decreased both total cholesterol and triglycerides, beginning from the sixth week to the end of the experiment [98]. Similarly, male Wistar rats given a high-fat diet and 50 mg/kg body weight of lycopene daily for 3 months had significant reductions in plasma total cholesterol, triglycerides, and low-density lipoprotein levels but increased high-density lipoprotein cholesterol compared to the group given a high-cholesterol diet [99]. The reported cholesterol-lowering effects of lycopene are attributed to reduce cholesterol synthesis through the inhibition of the expression and activity of 3-hydroxy-3-methylglutaryl co-enzyme A (HMG-CoA) reductase and the modulation of LDL receptor activity [100]. The findings obtained from human studies have been inconsistent. In a systematic review and meta-analysis of 12 and 11 trial arms consisting of 781 and 854 participants, respectively, supplementation of lycopene significantly increased HDL-cholesterol levels when compared to the control group; however, no significant difference was observed in the triglyceride levels [101]. The conflicting findings observed from human studies could be attributed to the differences in the study design, characteristics of the populations under investigation, and the source and dose of lycopene utilised [16, 102].

5.4. Hepatoprotection. In a healthy human adult, the liver weighs approximately 1.5 kg and is the largest gland and visceral organ [103]. It plays a vital role in metabolic processes such as bile production, digestion, detoxification of xenobiotics, metabolism of lipids, proteins, carbohydrates, immune regulation, and storage of vitamins [104, 105]. Among the major causes of global mortality is liver disease [106]. Liver diseases may be caused by several factors, viral infections, ischemia, alcohol-induced damage, autoimmune diseases, and genetic defects such as alpha-1 antitrypsin deficiency, hereditary hemochromatosis, citrin deficiency, hereditary fructose intolerance, cystic fibrosis, cholesteryl ester storage disease, type IV glycogen storage disease, and Wilson disease [107–109]. Nonalcoholic fatty liver disease (NAFLD) is the most prevalent liver disease [110]. Globally, the prevalence of NAFLD is about 25%, in Africa, it is 13% while in Europe, the rate is 23% and the highest at 32% in the Middle East [111]. This disease is characterised by the accumulation of macrovesicular steatosis in $\geq 5\%$ of hepatocytes without secondary causes such as alcohol intake, drugs,

or liver diseases [111, 112]. Patients with type 2 diabetes, dyslipidaemia, and obesity are at increased risk of developing NAFLD [113]. Recent studies have shown that consumption of carotenoids such as lycopene can remarkably reduce the chances of developing liver diseases such as NAFLD [90]. In their study, Li et al. [114], using beta-carotene-15,15'-oxygenase and beta-carotene-9',10'-oxygenase double knockout mice, the oral administration of lycopene at 2.3 mg/g for 24 weeks resulted in significantly decreased severity of hepatic steatosis and triglyceride levels but significantly increased sirtuin 1 and fatty acid oxidation compared to control counterparts fed a high-fat diet. Furthermore, lycopene mediated a decrease in inflammation. In a tramadol-induced hepatotoxicity rat model, supplemental lycopene at 15 mg/kg body weight for 15 days mitigated the hepatotoxicity by increasing antioxidant activity, reducing fatty acid breakdown and necrosis, lipid peroxidation, inhibiting DNA fragmentation, and apoptosis [115]. Lycopene administered at 5, 10, and 20 mg/kg body weight for 6 weeks in a rat model of NAFLD was shown to mediate hepatoprotective effects, as seen with reduced activities of aspartate transaminase and alanine transaminase and concomitant reductions in malondialdehyde, free fatty acids, and LDL-cholesterol concentrations [116]. These findings were associated with elevated hepatic superoxide dismutase and glutathione concentrations, but with reduced cytochrome P450 2E1 and tumour necrosis factor- α expression and decreased hepatic fat [116]. The abovementioned experimental studies provide a clear insight that the administration of lycopene not only inhibits ROS but also improves the activity of antioxidant enzymes, thereby providing beneficial effects against NAFLD.

5.5. Renoprotection. Chronic kidney diseases (CKD) have become a global public health issue, affecting more than 200 million people worldwide [117]. Chronic kidney disease is a common term used to describe different disorders that permanently affect the structure and function of the kidneys for over a period of 3 months [118]. This can be diagnosed when the abnormalities in the kidney or glomerular filtration rate are lower than 60 ml/min/1.73 m² and albuminuria is characterised by an albumin to creatinine ratio above 30 mg/g [119]. Patients with CKD are more prone to develop end-stage renal disease, a condition that requires expensive management by either dialysis or kidney transplantation [76]. Patients suffering from CKD commonly display a high incidence of arrhythmias, venous thromboembolism, heart failure, and ischemic heart disease, which significantly increases mortality [120, 121]. The increase in the prevalence of cardiovascular disease (CVD) in CKD patients is associated with oxidative stress, chronic inflammation, and vascular endothelial dysfunction [122]. These three factors create an intricate cycle, resulting in pathological variations and playing a crucial role in the initiation and progression of CVD in CKD patients [123, 124]. Among these factors, oxidative stress is a key mediator in the intricate pathways linked to the progression of CKD [124]. As a result, the utilisation of antioxidant therapy is one of the significant

approaches to avert and mitigate the advancement of CKD [56]. Lycopene is a potent antioxidant and an efficient free radical scavenger that has been investigated and shown to protect the kidney against chemically induced damage [125, 126]. In female Wistar rats fed a high-fat diet, the supplementation of 200 ml of lycopene extract twice a week for 8 weeks significantly reduced plasma creatinine, urea, serum angiotensin-converting enzymes, renal tissue malondialdehyde, and C-reactive protein levels but increased total protein and tissue antioxidant enzyme levels [127]. Tabrez et al. [128] observed that lycopene protected against the advancement of diabetic nephropathy and improved renal function by inhibiting the advanced glycation product and its receptors' (AGE-RAGE) pathway. Lycopene has shown to inhibit LDL-cholesterol peroxidation, which can damage the kidneys [56]. Furthermore, supplemental lycopene has shown to decrease MDA, RAGE, and TNF- α levels in the kidneys of male Wistar rats fed a high-fat diet for 6 weeks [129], and similarly, lycopene orally administered at 25 and 50 mg/kg body weight daily for 3 months protected the kidneys of male Wistar rats fed a high-fat diet by inhibiting the expression of nuclear factor kappa-B, interleukin 1 beta, tumour necrosis factor alpha, decreasing oxidative stress, increasing nuclear factor erythroid 2-related factor 2, and stimulating B-cell lymphoma 2, hence shielding the kidney tissue against damages [66].

5.6. Osteoprotection. Oxidative stress caused by reactive oxygen species influences the activity of both osteoclasts and osteoblasts [130]. This is thought to impact the pathogenesis of skeletal system disorders, including osteoporosis, the most common skeletal metabolic disease [131]. Osteoporosis often develops in older adults and is characterised by an alteration of the bone microarchitecture, typified by a decline in bone mineral density, which contributes to an elevated risk of fractures [132]. Such bone fractures notably occur at the distal forearm, vertebral column, and proximal femur [133]. Complications associated with osteoporosis, particularly hip fractures, result in a mortality rate that is 4 times higher in the global adult population [132]. Despite its preponderance in the elderly, osteoporosis has shown to impact individuals of various age groups, but postmenopausal women are at high risk [134, 135] due to a decrease in estrogen production which results in increased oxidative stress and osteoclast-induced bone resorption [136]. Studies have shown that children born to parents with a history of osteoporosis and fractures are more prone to the development of osteoporosis [137]. In addition to genetic predisposition, poor nutrition, excessive alcohol consumption, smoking, caffeine intake, and medication side effects, for example, glucocorticoids, can cause the development of osteoporosis [138–141]. Lycopene has shown to have an advantageous effect on the skeletal health [142]. It has shown to play a vital role in protecting postmenopausal women from experiencing bone loss by upregulating alkaline phosphatase, type 1A collagen, runt-related transcription factor 2, triggering the activation of the wingless-related integration site/beta-catenin and extracellular signal-regulated kinase 1/2 pathways, and downregulating receptor activator

of nuclear factor kappa-B ligand [143]. In mice fed a high-fat diet, supplemental lycopene at 15 mg/kg body weight for 10 weeks increased serum levels of total antioxidant capacity (T-AOC), SOD, and reduced the levels of MDA and AGEs, RAGE, and NF-kB expressions in the tibias and femurs [144]. In male albino rats, orally administered lycopene at 30 mg/kg body weight once daily over an 8-week period mitigated glucocorticoid-induced osteoporosis [145], and in diabetic male rats, lycopene suppressed bone resorption, enhanced osteoprotegerin and RANKL expression ratios by preventing oxidative damage and reducing inflammation [146]. These research findings demonstrate that lycopene has osteoprotective properties.

5.7. Anti-Inflammatory Effects. Inflammation is an immune response mechanism that is triggered when exposed to various harmful stimuli, such as damaged cells, microorganisms, poisonous, and allergenic substances [147]. It serves as a crucial stage in the process of tissue regeneration, repair, and remodelling, as well as the restoration of tissue haemostasis in impaired areas [148]. Inflammatory mediators include the cytokines interleukin (IL)-1, IL-5, IL-6, IL-12, IL-1 β , TNF- α , and interferon γ [149], and chemokines such as IL-8, monocyte chemoattractant protein 1, cyclooxygenase, vascular cell adhesion molecule 1, matrix metalloproteinase, free radicals, growth factors, and prostaglandins serve as regulatory mediators in the process of inflammation [150]. On stimulation, these mediators activate endothelial cells, causing increased vascular permeability and the deployment of neutrophils, eosinophils, monocytes, and mast cells to the injury site, which helps eliminate the harmful agents and facilitate the healing process [151]. However, inflammation is known to contribute to the development and progression of various diseases, including but not limited to CKD, cancer, diabetes mellitus, cardiovascular disease, NAFLD, obesity, asthma, rheumatoid arthritis, osteoporosis, autoimmune, and neurodegenerative disorders [152–154]. The consumption of natural antioxidants for maintaining human health has become popular, especially in developed nations [155]. In a study using female Wistar rats, lycopene was shown to alleviate palmitic acid-induced neuroinflammation by reducing oxidative stress and inhibiting the toll-like receptor 4 (TLR4) and nuclear factor kappa-B p65 (NF-kB p65) signalling pathways [156]. Lycopene supplementation mitigated metalaxyl-induced liver damage in male albino rats by restoring antioxidant status, improving liver function, and alleviating liver injury-associated complications [157]. In lycopene-treated endothelial cells, lycopene inhibited the activation of TNF- α but enhanced the expression of heme oxygenase-1 (HO-1) through the upregulation of nuclear factor erythroid 2-related factor 2 signalling pathways [158]. Another experimental study reported that in male albino rats, orally administered lycopene at 10 mg/kg body weight for 21 days effectively protected the colon epithelial mucosa against acetic acid-induced colitis and oxidative injury [159]. In C57BL/6 mice chronically exposed to cigarette smoke for 60 days, lycopene has shown to restore redox status and

mitigate hepatic inflammation [160]. In addition, Li et al. [161] reported that lycopene mitigated the dysregulation of lipid metabolism and the inflammatory response induced by lipopolysaccharide in the rat testes. Thus, evidence is plentiful demonstrating the anti-inflammatory effects of lycopene both *in vitro* and *in vivo*.

5.8. Antidiabetic Effects. Diabetes mellitus (DM) causes hyperglycaemia and, if inadequately managed, can result in damage to the heart, eyes, and kidneys [162]. The global prevalence of diabetes is approximately 9.3%, which corresponds to about 463 million individuals. However, it is predicted to rise by 25% in 2030 and 51% in 2045 [163]. Diabetes mellitus is classified into three major types: type 1 (insulin-dependent), type 2 (noninsulin-dependent), and gestational diabetes mellitus [164]. Among these, type 2 diabetes mellitus predominates and accounts for about 90% in all cases worldwide [162].

Scientific evidence shows that lycopene can potentially be used to prevent and treat diabetes mellitus [24]. In streptozotocin-induced diabetes model, dietary fortification with lycopene mediated increased serum insulin concentrations, decreased urine and blood sugar concentrations, and reduced diabetes-induced pancreatic injury [165]. In diabetic Wistar rats, orally administered lycopene at 40 mg/kg body weight significantly decreased serum MDA, cortisol, and blood glucose concentration but increased SOD, CAT, and glutathione peroxidase (GSH-Px) activities at 10, 20, and 40 mg/kg body weight [166]. Furthermore, supplemental lycopene has shown to attenuate renal damage in diabetic rats [167]. In STZ-induced diabetic rats, at 4 mg/kg body weight, lycopene ameliorated B-cell lymphoma-extra-large, and B-cell lymphoma 2 (Bcl-2) concentrations and reduce the expression of Bcl-2-associated X-protein (BAX) in the hippocampus [168]. Interestingly, orally administered lycopene has shown to increase SOD and GSH-Px activities and lower MDA concentrations in rat pancreatic tissue [169], but it mediated increased plasma insulin concentrations and reduced blood and liver lipid content, fasting blood glucose and glycosylated haemoglobin concentration, and homeostatic model assessment for insulin resistance in diabetic rats [169].

5.9. Anticancer Effects. Cancer is a major global health challenge and is the second primary reason for mortality in the United States [170]. The ingestion of tomatoes and tomato-based products has been associated with a reduced occurrence of different types of cancer [171]. *In vivo* and *in vitro* research has demonstrated that lycopene hinders the growth and multiplication of prostate cancer cells, inhibits the cell cycle, and induces apoptosis [172]. Dietary supplementation with lycopene mitigated the growth of breast cancer cells by suppressing the activity of the insulin-like growth factor 1 receptor (IGF-1R) signalling pathway [151]. While research shows that the consumption of a lycopene-rich diet could be beneficial in reducing the risk of pancreatic cancer [131]. In a rat model, the consumption of lycopene has shown to reduce the progression and proliferation of

ovarian cancer [173], and in human studies, cisplatin-based chemotherapy in combination with lycopene supplementation enhanced cervical cancer treatment [174]. Furthermore, in animal models of hepatocellular carcinoma, administered lycopene suppressed the onset and development of cancer [175]. In human colorectal adenocarcinoma cell line, treatment with lycopene has shown to exhibit genotoxicity, antiproliferative, and apoptotic effects [176], a demonstration of its anticancer effects.

5.10. Gastroprotection. The incidence of peptic ulcer disease (PUD) has substantially increased, affecting approximately 5 to 10 percent of the general population [177]. The corrosive effects of acid and pepsin on the gastroduodenal mucosa cause peptic ulceration through exposure of the mucosa's lining to gastric acid and digestive enzyme actions [178]. Peptic ulcer disease is primarily caused by the extensive use of nonsteroidal anti-inflammatory drugs (NSAIDs) and *Helicobacter pylori* infection [179]. Other contributing factors include surgery, severe illness, burns, Zollinger–Ellison syndrome, excessive alcohol intake, smoking, and psychological and physical stress [180–182]. The excessive production of ROS is the major factor in stress-induced ulcers [183]. Thus, the utilisation of strong antioxidants may be beneficial in the management of ulcers [184]. In male Albino rats, lycopene administered at 200 mg/kg body weight for 10 days has shown to protect against ethanol-induced mucosal injury [185]. In their study, Chen et al. [186] found that supplemental lycopene at 10, 50, 100, and 150 mg/kg body weight reduced gastric juice secretion in adult male Kunming mice when compared to the gastric injury control group. However, at high doses (150 mg/kg body weight), lycopene exacerbated absolute ethanol-induced acute gastric mucosal injury. In addition to mediating for protection against alcohol-induced gastrointestinal tract mucosal injury, lycopene has shown to suppress gastric acid secretion and combat infection by *Helicobacter pylori* [130].

5.11. Neuroprotection. Neurodegenerative diseases (NDs) are characterised by gradual loss of neurons and are associated with the formation of protein aggregates [187]. These diseases are considered a major medical challenge as it affects millions of patients globally [188]. Alzheimer's, Parkinson's, Huntington's, prion and motor-neural diseases, amyotrophic lateral sclerosis, spinocerebellar ataxia, and spinal muscular atrophy are common NDs [187, 189, 190]. Despite age being the leading factor in the onset of all neurodegenerative disorders, recent discoveries indicate that the combination of a person's genetic makeup and environmental influences can contribute to an elevated risk of developing NDs [191]. Regardless of the various factors causing these NDs, a key feature common to all is the onset and development of neuronal cell death [192]. The progression of NDs is characterised by increased ROS production, which causes oxidative stress [193]. Administered lycopene has shown to attenuate memory loss due to age, cognitive impairments, neuronal damage, and synaptic dysfunctions in the brain [194]. In addition, lycopene was

observed to mitigate age-related oxidative stress by suppressing lipid peroxidation and enhancing GSH, SOD, and CAT activities [194]. Dietary fortification with lycopene was demonstrated to decrease age-related neuroinflammation by attenuating microgliosis and combating inflammation [194]. Furthermore, lycopene mediated the reduction in the accumulation of amyloid beta 1–42 in the brains of aged CD-1 mice [194] and when used as a supplement, it upregulated the mitogen-activated protein kinase (MARK)/extracellular signal-regulated kinase (ERK) signalling pathway, inhibited oxidative stress and neuronal apoptosis, and protected against bisphenol-induced neurotoxicity in the hippocampi of adult male rats [195]. It has also shown to decrease palmitic acid-induced brain oxidative stress and neuroinflammation and to inhibit the toll-like receptor 4 (TLR4)/nuclear factor kappa-light chain enhancer of activated B cells p65 (NF- κ B-p65) pathway in female rats [156]. In mice with Alzheimer's disease induced by β amyloid, lycopene reduced oxidative stress, decreased neuronal loss, improved synaptic plasticity, and inhibited neuroinflammation [196].

5.12. Cardioprotection. Globally, cardiovascular diseases (CVDs) stand at the forefront as the leading cause of human mortality [16]. Studies have shown that in 2019, CVDs caused 17.8 million fatalities, and this trend is projected to increase by 2030 to 23 million [197]. Several epidemiological studies have confirmed the significance of lycopene in preventing CVDs [198]. For instance, lycopene supplementation has shown to reduce C-reactive protein levels, interleukin-6, pulse wave velocity, blood pressure, and intercellular adhesion molecule 1 and enhance vascular health through flow-mediated dilation of the endothelium [199]. Lycopene supplementation at a dosage of 5 mg/kg body weight for 21 days has shown to confer protection against atrazine-induced cardiotoxicity in mice [200]. In Brown–Norway/Lewis rat model, lycopene treatment was demonstrated to have the potential to mitigate vascular arteriosclerosis in allograft transplantation by inhibiting Rho-associated kinases and by regulating the expression of nitric oxide/cyclic guanosine monophosphate signalling pathways [201], which indicates that lycopene has the potential to alleviate vascular arteriosclerosis. In another study, lycopene administered for 4 weeks at 10 mg/kg body weight reduced inflammation and apoptosis during postmyocardial infarction remodelling by suppressing the NF- κ B signalling pathway in mice [202]. In addition, supplemental lycopene improves endothelial function in individuals suffering from CVDs [203].

5.13. Lung Protection. In male C57BL/6 mice, dietary lycopene supplementation at 25 or 50 mg/kg body weight mitigated cigarette smoke-induced pulmonary emphysema [204]. The literature shows that lycopene or matrine treatment alone offered minimal protection against lipopolysaccharide-induced acute lung injury in mice, but when coadministered, significant mitigatory effects were observed [205]. These results indicate that lycopene and matrine in combination may function as an alternative to

glucocorticoid therapy in treating acute lung injury [205]. In a study conducted by Mustra Rakic et al. [206], supplemental lycopene at 90 mg/kg body weight for 22 weeks effectively suppressed tobacco carcinogen/cigarette smoke (NNK/CS)-induced emphysema, chronic bronchitis, and preneoplastic lesions. Furthermore, dietary lycopene significantly decreased NNK/CS-induced buildup of total cholesterol and upregulated mRNA expression of peroxisome proliferator-activated receptor alpha (PPAR α), ATP-binding cassette (ABC) transporters ABCA1 and ABCG1, and liver X receptor alpha (LXR α) in the lungs of the ferret model. These findings suggest that lycopene could act as a preventative agent against the adverse effects of tobacco smoke on lung health and lipid metabolism.

5.14. Sperm Quality Enhancement and Fertility Promotion.

Infertility is a prevalent health problem that affects roughly 48 million couples and 186 million individuals globally [207]. ROS-induced oxidative stress is a primary contributor to various reproductive complications [208]. In varicocele-induced rats, supplemental lycopene has shown to protect sperm against DNA damage by mediating upregulation of antioxidant responses that quenched ROS, which manifested with improved sperm viability, Johnson's score, membrane integrity, and the expression of B-cell lymphoma 2-associated X-protein (BAX) [209]. Similarly, in men with oligozoospermia, supplemental lycopene for 12 weeks at 25 mg/kg body weight attenuated oxidative stress and improved sperm quality [52]. In their study, Yamamoto et al. [210] observed that the consumption of tomato juice with 30 mg of lycopene for a duration of 12 weeks increased plasma lycopene concentration and sperm motility and decreased the white blood cell count in the seminal plasma of the tomato juice group compared to the control group of infertile men. Dietary supplementation with lycopene at 20 mg per day for 3 months prior to the scheduled *in vitro* fertilization (IVF) treatment increased the arachidonic acid to docosahexaenoic acid ratio in the seminal fluid and resulted in 7 natural pregnancies in addition to 15 pregnancies following the IVF procedure [51]. In methotrexate-induced ovarian damage, pretreatment with lycopene at 5 mg/kg body weight for 5 days prevented infertility and has shown to mediate increased GSH activity as well as decreased MDA and myeloperoxidase concentrations [211]. These findings suggest that lycopene alleviates imbalances in polyunsaturated fatty acids and can serve as a preventive agent against infertility.

5.15. Protection of Skin Health. The skin, constituting approximately 15% of the total body weight [20], plays a vital role in preventing excessive water loss from the body and maintaining the body temperature within an optimal range [212]. It provides protection against toxic substances, free radicals, physical damage, and ultraviolet radiation [213]. The latter causes the development of skin conditions and diseases through sunburn, photoaging, and excessive ROS production within the skin, which damages DNA and causes skin cancer [213–215]. Lycopene is extensively used as an

ingredient in cosmetic products due to its demonstrated ability to protect the skin from aging and photodamage [215]. Anbualakan et al. [216] showed that lycopene can prevent and/or treat sunburn and photoaging and that it could potentially be effective against UV-induced skin cancers. As a dietary supplement, lycopene has been demonstrated to improve skin appearance and pigmentation and mitigate erythema [217].

5.16. Protective Effect on Vision. Age-related ophthalmic conditions, inclusive of macular degeneration, glaucoma, cataracts, and diabetic retinopathy, are key contributors to gradual and permanent vision loss [218]. In diabetic patients, serum lycopene concentration has been observed to be lower than normal [114]. Importantly, due to its consistent lower levels in diabetics, it has been suggested that serum lycopene concentration might serve as a diagnostic tool for diabetic retinopathy [114]. Using ARPE-19 cells derived from human retinal pigment epithelium, Gong et al. [219] demonstrated that lycopene suppressed growth of human RPE cells against oxidative stress-induced cell loss findings which suggests that it (lycopene) may protect against RPE proliferative disease and old-age related macular degeneration. Oxidative stress and inflammation have been shown to be associated with the pathogenesis of eye-related conditions [220]. As a dietary supplement, lycopene has been proven to mitigate the risk of developing eye diseases associated with old age [221]. This could be due to its demonstrated ability to prevent cataract formation both *in vitro* and *in vivo* [131].

6. Lycopene: Protective Effects against Toxins

Toxins are natural and harmful chemical substances that adversely impact health [222]. They cause specific organ toxicity, for example, skin, eye, kidney, liver, blood, cardiovascular, respiratory, reproductive, endocrine, immune, and nervous system damage [222, 223]. Through their actions, toxins disrupt homeostasis, alter gene expression, and cancer-related metabolic signalling pathways [224]. Research has demonstrated that lycopene as a dietary supplement effectively mitigates the deleterious effects of myco-, bacterial, and chemical toxins [225] [125, 226, 227], fungicides [228], pesticides [229], herbicides [230], and fluoride [231]. It is hypothesised that lycopene mediates protection against toxins through its potent antioxidant, chelating, and antiapoptotic properties [224].

7. Lycopene: Safety and Potential Toxicity

There is no specified daily prescription for dietary lycopene intake, but epidemiological studies have recommended an intake of 2 to 20 mg daily of lycopene [93]. It has shown that consumption of up to 100 mg of lycopene daily does not elicit adverse outcomes [5]. In a toxicological study conducted on rats, feeding a diet fortified with lycopene at 1% (w/w) did not elicit any side effects [232]. Similarly, using lycopene at 200 mg/kg body weight per day as a dietary supplement has also been shown not to negatively impact animals [233]. Generally, it is asserted that lycopene can be

used as a safe dietary supplement during pregnancy and lactation [234]. Although in pregnant women, high dietary intake of lycopene has shown to mitigate the risk of developing preeclampsia [235]. Imran et al. [7] reported that excessive chronic consumption of tomato juice, a rich source of lycopene, caused lycopopenia. Findings from both animal and human studies suggest that although lycopene could generally be used as a safe dietary supplement, some caution must be exercised against excessive intake.

8. Conclusion

The extensive studies carried out on lycopene highlight its exceptional potential to promote overall health and well-being. Its varied spectrum of benefits places it as a potent natural compound which can contribute to the promotion of health either as a prophylactic or ore therapeutic agent against metabolic diseases. In order to fully exploit its potential and increase its utility in health delivery, it is crucial to undertake additional research to comprehensively elucidate the health beneficial mechanisms underlying lycopene's medicinal properties. Furthermore, in order to enjoy optimal utility from the use of lycopene, there is a need to evaluate and recommend effective dosages for efficacy and prevention of possible side effects of abnormally high doses.

Data Availability

The data that support this systematic review come from studies and datasets that were previously reported and cited in this article.

Conflicts of Interest

The authors declare that they have no conflicts of interest.

Acknowledgments

This work was funded by the Faculty Research Committee grant, Faculty of Health Sciences, University of the Witwatersrand, South Africa.

References

- [1] B. B. Petrovska, "Historical review of medicinal plants' usage," *Pharmacognosy Reviews*, vol. 6, no. 11, p. 1, 2012.
- [2] B. A. Rasool Hassan, "Medicinal plants (importance and uses)," *Pharmaceutica Analytica Acta*, vol. 03, no. 10, 2012.
- [3] S. Upadhyay and M. Dixit, "Role of polyphenols and other phytochemicals on molecular signaling," *Oxidative Medicine and Cellular Longevity*, vol. 2015, Article ID 504253, 15 pages, 2015.
- [4] J. Arballo, J. Amengual, and J. W. Erdman, "Lycopene: a critical review of digestion, absorption, metabolism, and excretion," *Antioxidants*, vol. 10, no. 3, pp. 342–416, 2021.
- [5] S. Przybylska, "Lycopene – a bioactive carotenoid offering multiple health benefits: a review," *International Journal of Food Science and Technology*, vol. 55, no. 1, pp. 11–32, 2020.
- [6] M. N. Bin-Jumah, M. S. Nadeem, S. J. Gilani et al., "Lycopene: a natural arsenal in the war against oxidative stress and cardiovascular diseases," *Antioxidants*, vol. 11, no. 2, p. 232, 2022.
- [7] M. Imran, F. Ghorat, I. Ul-haq et al., "Lycopene as a natural antioxidant used to prevent human health disorders," *Antioxidants*, vol. 9, no. 8, pp. 706–727, 2020.
- [8] B. Joshi, S. K. Kar, P. K. Yadav, S. Yadav, L. Shrestha, and T. K. Bera, "Therapeutic and medicinal uses of lycopene: a systematic review," *International Journal of Research in Medical Sciences*, vol. 8, no. 3, p. 1195, 2020.
- [9] P. M. Bramley, "Is lycopene beneficial to human health?" *Phytochemistry*, vol. 54, no. 3, pp. 233–236, 2000.
- [10] J. Shi and M. L. Maguer, "Lycopene in tomatoes: chemical and physical properties affected by food processing," *Critical Reviews in Food Science and Nutrition*, vol. 40, no. 1, pp. 1–42, 2000.
- [11] M. Grabowska, D. Wawrzyniak, K. Rolle et al., "Let food be your medicine: nutraceutical properties of lycopene," *Food and Function*, vol. 10, no. 6, pp. 3090–3102, 2019.
- [12] I. Świątkiewicz, M. Wróblewski, J. Nuzkiewicz, P. Sutkowy, J. Wróblewska, and A. Woźniak, "The role of oxidative stress enhanced by adiposity in cardiometabolic diseases," *International Journal of Molecular Sciences*, vol. 24, no. 7, p. 6382, 2023.
- [13] M. H. Abir, A. G. M. S. U. Mahamud, S. H. Tonny et al., "Pharmacological potentials of lycopene against aging and aging-related disorders: a review," *Food Science and Nutrition*, vol. 11, no. 10, pp. 5701–5735, 2023.
- [14] W. Guo, D. Huang, and S. Li, "Lycopene alleviates oxidative stress-induced cell injury in human vascular endothelial cells by encouraging the SIRT1/Nrf2/HO-1 pathway," *Clinical and Experimental Hypertension*, vol. 45, no. 1, Article ID 2205051, 2023.
- [15] B. T. Rane, P. S. Worlikar, S. A. Mulkalwar, A. V. Tilak, and S. A. Dabhade, "Evaluation of the effect of lycopene on lipid profile, serum antioxidant enzymes and blood sugar level in New Zealand white rabbits," *International Journal of Basic and Clinical Pharmacology*, vol. 8, no. 3, pp. 431–437, 2019.
- [16] A. C. Tierney, C. E. Rumble, L. M. Billings, and E. S. George, "Effect of dietary and supplemental lycopene on cardiovascular risk factors: a systematic review and meta-analysis," *Advances in Nutrition*, vol. 11, no. 6, pp. 1453–1488, 2020.
- [17] L. Mounien, F. Tourniaire, and J. F. Landrier, "Anti-obesity effect of carotenoids: direct impact on adipose tissue and adipose tissue-driven indirect effects," *Nutrients*, vol. 11, no. 7, p. 1562, 2019.
- [18] L. Rejali, S. Ozumerzifon, H. Nayeri, and S. Asgary, "Risk reduction and prevention of cardiovascular diseases: biological mechanisms of lycopene," *Bioactive Compounds in Health and Disease*, vol. 5, no. 10, pp. 202–221, 2022.
- [19] R. Arunkumar, A. Gorusupudi, and P. S. Bernstein, "The macular carotenoids: a biochemical overview," *Biochimica et Biophysica Acta, Molecular and Cell Biology of Lipids*, vol. 1865, no. 11, Article ID 158617, 2020.
- [20] L. M. Doyle, "Lycopene: implications for human health—A review," *Advances in Food Technology and Nutritional Sciences- Open Journal*, vol. 6, no. 1, pp. 1–12, 2020.
- [21] A. J. Meléndez-Martínez, "An overview of carotenoids, apocarotenoids, and vitamin A in agro-food, nutrition, health, and disease," *Molecular Nutrition and Food Research*, vol. 63, no. 15, Article ID e1801045, 2019.
- [22] N. P. Holzapfel, B. M. Holzapfel, S. Champ, J. Feldthusen, J. Clements, and D. W. Huttmacher, "The potential role of lycopene for the prevention and therapy of prostate cancer: from molecular mechanisms to clinical evidence,"

- International Journal of Molecular Sciences*, vol. 14, no. 7, pp. 14620–14646, 2013.
- [23] V. Naveen Kumar P, P. Elango, S. Asmathulla, and S. Kavimani, "A systematic review on lycopene and its beneficial effects," *Biomedical and Pharmacology Journal*, vol. 10, no. 4, pp. 2113–2120, 2017.
 - [24] R. Zhu, B. Chen, Y. Bai et al., "Lycopene in protection against obesity and diabetes: a mechanistic review," *Pharmacological Research*, vol. 159, Article ID 104966, 2020.
 - [25] M. Caseiro, A. Ascenso, A. Costa, J. Creagh-Flynn, M. Johnson, and S. Simões, "Lycopene in human health," *Lebensmittel-Wissenschaft und-Technologie*, vol. 127, Article ID 109323, 2020.
 - [26] A. V. Rao and L. G. Rao, "Carotenoids and human health," *Pharmacological Research*, vol. 55, no. 3, pp. 207–216, 2007.
 - [27] M. Honda, T. Kudo, T. Kuwa et al., "Isolation and spectral characterization of thermally generated multi-Z-isomers of lycopene and the theoretically preferred pathway to di-Z-isomers," *Bioscience Biotechnology and Biochemistry*, vol. 81, no. 2, pp. 365–371, 2017.
 - [28] M. Gupta, M. Panizai, M. F. Tareen, S. Ortega-Martinez, N. Doreulee, and M. Andrew, "An overview on novel antioxidant and anti-cancer properties of lycopene: a comprehensive review," *GMJ Medicine*, vol. 2, no. 1, pp. 45–50, 2018.
 - [29] M. Amjad, S. Hussain, and A. Rehman Khan, "Development and validation of HPLC assay of lycopene in different matrices," *World Journal of Applied Chemistry*, vol. 5, no. 2, p. 26, 2020.
 - [30] E. N. Story, R. E. Kopec, S. J. Schwartz, and G. K. Harris, "An update on the health effects of tomato lycopene," *Annual Review of Food Science and Technology*, vol. 1, no. 1, pp. 189–210, 2010.
 - [31] Y. Y. Yeap, N. L. Trevaskis, and C. J. H. Porter, "Lipid absorption triggers drug supersaturation at the intestinal unstirred water layer and promotes drug absorption from mixed micelles," *Pharmaceutical Research*, vol. 30, no. 12, pp. 3045–3058, 2013.
 - [32] M. L. Failla, C. Chitchumroonchokchai, and B. K. Ishida, "In vitro micellarization and intestinal cell uptake of cis isomers of lycopene exceed those of all-trans lycopene," *The Journal of Nutrition*, vol. 138, no. 3, pp. 482–486, 2008.
 - [33] A. Agarwal, D. Durairajanayagam, C. Ong, and P. Prashast, "Lycopene and male infertility," *Asian Journal of Andrology*, vol. 16, no. 3, pp. 420–425, 2014.
 - [34] K. Chauhan, S. Sharma, N. Agarwal, and B. Chauhan, "Lycopene of tomato fame: its role in health and disease," *International Journal of Pharmaceutical Sciences Review and Research*, vol. 10, no. 1, 2011.
 - [35] I. M. Petyaev, "Carotenoids in thermal adaptation of plants and animals," *Carotenoids- New Perspectives and Application*, 2022.
 - [36] A. V. Rao and S. Agarwal, "Role of antioxidant lycopene in cancer and heart disease," *Journal of the American College of Nutrition*, vol. 19, no. 5, pp. 563–569, 2000.
 - [37] G. Kaur, A. Sandal, and N. S. Dhillion, "Lycopene and human health-A review," *Agricultural Reviews*, vol. 38, no. 04, pp. 282–289, 2017.
 - [38] S. Zaripheh, M. A. Lila, J. W. Erdman, and T. W. M. Boileau, "[14C]-lycopene and [14C]-labeled polar products are differentially distributed in tissues of F344 rats prefed lycopene," *The Journal of Nutrition*, vol. 133, no. 12, pp. 4189–4195, 2003.
 - [39] M. Tahmasebi and Z. Emam-Djomeh, "Lycopene degradation and color characteristics of fresh and processed tomatoes under the different drying methods: a comparative study," *Chemical Papers*, vol. 75, no. 7, pp. 3617–3623, 2021.
 - [40] N. F. Gloria, N. Soares, C. Brand, F. L. Oliveira, R. Borojevic, and A. J. Teodoro, "Lycopene and Beta-carotene induce cell-cycle arrest and apoptosis in Human breast cancer cell lines," *Anticancer Research*, vol. 34, no. 3, pp. 1377–1386, 2014.
 - [41] Tjahjodjati, S. Sugandi, R. Umbas, and M. Satari, "The protective effect of lycopene on prostate growth inhibitory efficacy by decreasing insulin growth factor-1 in Indonesian human prostate cancer cells," *Research and Reports in Urology*, vol. 12, pp. 137–143, 2020.
 - [42] B. Karimian, A. Soleimani, G. Mohammadsharifi et al., "Effect of lycopene supplementation on some cardiovascular risk factors and markers of endothelial function in Iranian patients with ischemic heart failure: a randomized clinical trial," *Cardiology Research and Practice*, vol. 2022, Article ID 2610145, 7 pages, 2022.
 - [43] P. Xaplanteris, C. Vlachopoulos, P. Pietri et al., "Tomato paste supplementation improves endothelial dynamics and reduces plasma total oxidative status in healthy subjects," *Nutrition Research*, vol. 32, no. 5, pp. 390–394, 2012.
 - [44] J. McEneny, S. L. Henry, J. Woodside et al., "Lycopene-rich diets modulate HDL functionality and associated inflammatory markers without affecting lipoprotein size and distribution in moderately overweight, disease-free, middle-aged adults: a randomized controlled trial," *Frontiers in Nutrition*, vol. 9, Article ID 954593, 2022.
 - [45] T. Inoue, K. Yoshida, E. Sasaki, K. Aizawa, and H. Kamioka, "Effect of lycopene intake on the fasting blood glucose level: a systematic review with meta-analysis," *Nutrients*, vol. 15, no. 1, p. 122, 2022.
 - [46] H. E. Leh, M. Mohd Sopian, M. H. Abu Bakar, and L. K. Lee, "The role of lycopene for the amelioration of glycaemic status and peripheral antioxidant capacity among the Type II diabetes mellitus patients: a case-control study," *Annals of Medicine*, vol. 53, no. 1, pp. 1060–1066, 2021.
 - [47] J. H. Cha, W. K. Kim, A. W. Ha, M. H. Kim, and M. J. Chang, "Anti-inflammatory effect of lycopene in SW480 human colorectal cancer cells," *Nutrition Research and Practice*, vol. 11, no. 2, p. 90, 2017.
 - [48] S. Sahni, M. T. Hannan, J. Blumberg, L. A. Cupples, D. P. Kiel, and K. L. Tucker, "Inverse association of carotenoid intakes with 4-y change in bone mineral density in elderly men and women: the Framingham Osteoporosis Study," *The American Journal of Clinical Nutrition*, vol. 89, no. 1, pp. 416–424, 2009.
 - [49] X. Xu, Y. Zheng, H. Ye, and L. Jin, "Lycopene supplementation decreases oxidative stress in hemodialysis patients receiving intravenous iron therapy: an open-label, randomized controlled clinical trial," *European Journal of Inflammation*, vol. 17, Article ID 205873921882286, 2019.
 - [50] T. Ghyasvand, M. T. Goodarzi, I. Amiri, J. Karimi, and M. Ghorbani, "Serum levels of lycopene, beta-carotene, and retinol and their correlation with sperm DNA damage in normospermic and infertile men," *International Journal of Reproductive Biomedicine*, vol. 13, no. 12, pp. 787–792, 2015.
 - [51] R. Filipcikova, I. Oborna, J. Brezinova et al., "Lycopene improves the distorted ratio between AA/DHA in the seminal plasma of infertile males and increases the likelihood of successful pregnancy," *Biomedical Papers*, vol. 159, no. 1, pp. 077–082, 2015.

- [52] M. Nouri, R. Amani, M. Nasr-Esfahani, and M. J. Tarrahi, "The effects of lycopene supplement on the spermatogram and seminal oxidative stress in infertile men: a randomized, double-blind, placebo-controlled clinical trial," *Phytotherapy Research*, vol. 33, no. 12, pp. 3203–3211, 2019.
- [53] R. Donghia, A. Campanella, C. Bonfiglio, F. Cuccaro, R. Tatoli, and G. Giannelli, "Protective role of lycopene in subjects with liver disease: NUTRIHEP study," *Nutrients*, vol. 16, no. 4, p. 562, 2024.
- [54] M. Mirahmadi, M. Aghasizadeh, F. Nazifkar et al., "The effects of lycopene on modulating oxidative stress and liver enzymes levels in metabolic syndrome patients: a randomized clinical trial," *Cell Journal (Yakhteh)*, vol. 25, no. 12, pp. 847–853, 2023.
- [55] N. Yao, S. Yan, Y. Guo et al., "The association between carotenoids and subjects with overweight or obesity: a systematic review and meta-analysis," *Food and Function*, vol. 12, no. 11, pp. 4768–4782, 2021.
- [56] Q. Zhong, Y. Piao, S. Yin, and K. Zhang, "Association of serum lycopene concentrations with all-cause and cardiovascular mortality among individuals with chronic kidney disease: a cohort study," *Frontiers in Nutrition*, vol. 9, pp. 1048884–1048911, 2022.
- [57] Y. Shi, Y. Xu, and W. Zhou, "Dietary carotenoids intake and sex differences in relation to chronic kidney disease a cross-sectional assessment in the NHANES study," *BMC Public Health*, vol. 24, no. 1, pp. 293–299, 2024.
- [58] L. G. Wood, M. L. Garg, H. Powell, and P. G. Gibson, "Lycopene-rich treatments modify noneosinophilic airway inflammation in asthma: proof of concept," *Free Radical Research*, vol. 42, no. 1, pp. 94–102, 2008.
- [59] G. Kırkıl, M. H. Muz, E. Sancaktar, D. Kaman, K. Ahin, and Ö. Küçük, "The effect of lycopene supplementation on chronic obstructive lung disease," *Nobel Medical*, vol. 8, no. 3, pp. 98–104, 2012.
- [60] J. Y. Min and K. B. Min, "Serum lycopene, lutein and zeaxanthin, and the risk of Alzheimer's disease mortality in older adults," *Dementia and Geriatric Cognitive Disorders*, vol. 37, no. 3–4, pp. 246–256, 2014.
- [61] E. Kesse-Guyot, V. A. Andreeva, V. Ducros et al., "Carotenoid-rich dietary patterns during midlife and subsequent cognitive function," *British Journal of Nutrition*, vol. 111, no. 5, pp. 915–923, 2014.
- [62] R. V. Chandra, M. L. V. Prabhui, D. A. Roopa, S. Ravirajan, and H. C. Kishore, "Efficacy of lycopene in the treatment of gingivitis: a randomised, placebo-controlled clinical trial," *Oral Health and Preventive Dentistry*, vol. 5, no. 4, pp. 327–336, 2007.
- [63] J. Wang, W. Kong, M. Liu, Y. Wang, Y. Zheng, and Y. Zhou, "Association between dietary carotenoids intake and chronic constipation in American men and women adults: a cross-sectional study," *BMC Public Health*, vol. 23, no. 1, pp. 1597–1614, 2023.
- [64] C. Russo, Y. Ferro, S. Maurotti et al., "Lycopene and bone: an in vitro investigation and a pilot prospective clinical study," *Journal of Translational Medicine*, vol. 18, no. 1, p. 43, 2020.
- [65] E. S. MacKinnon, A. V. Rao, R. G. Josse, and L. G. Rao, "Supplementation with the antioxidant lycopene significantly decreases oxidative stress parameters and the bone resorption marker N-telopeptide of type I collagen in postmenopausal women," *Osteoporosis International*, vol. 22, no. 4, pp. 1091–1101, 2011.
- [66] T. Albrahim and A. A. Robert, "Lycopene effects on metabolic syndrome and kidney injury in rats fed a high-fat diet: an experimental study," *ACS Omega*, vol. 7, no. 35, pp. 30930–30938, 2022.
- [67] I. Sommer, U. Griebler, P. Mählke et al., "Socioeconomic inequalities in non-communicable diseases and their risk factors: an overview of systematic reviews," *BMC Public Health*, vol. 15, pp. 914–1012, 2015.
- [68] P. W. Franks and M. McCarthy, "Posing the exposures responsible for type 2 diabetes and obesity," *Science*, vol. 6308, no. 354, pp. 69–73, 2016.
- [69] S. Z. Gebreab, C. L. Vandeleur, D. Rudaz et al., "Psychosocial stress over the lifespan, psychological factors, and cardiometabolic risk in the community," *Psychosomatic Medicine*, vol. 80, no. 7, pp. 628–639, 2018.
- [70] A. Brahimaj, F. Rivadeneira, T. Muka et al., "Novel metabolic indices and incident type 2 diabetes among women and men: the Rotterdam Study," *Diabetologia*, vol. 62, no. 9, pp. 1581–1590, 2019.
- [71] C. J. Lavie, S. A. Lear, and C. E. Ndumele, "Obesity and cardiovascular disease," *AHA Journals*, vol. 143, no. 21, 2021.
- [72] E. Lazarus and H. E. Bays, "Cancer and obesity: an obesity medicine association (OMA) clinical practice statement (CPS) 2022," *Obesity Pillars*, vol. 3, Article ID 100026, 2022.
- [73] H. B. Overby and J. F. Ferguson, *Hypertension*, vol. 23, no. 2, 2022.
- [74] P. M. Masschelin, A. R. Cox, N. Chernis, and S. M. Hartig, "The impact of oxidative stress on adipose tissue energy balance," *Frontiers in Physiology*, vol. 10, pp. 1638–8, 2019.
- [75] I. Pérez-Torres, V. Castrejón-Téllez, M. E. Soto, M. E. Rubio-Ruiz, L. Manzano-Pech, and V. Guarner-Lans, "Oxidative stress, plant natural antioxidants, and obesity," *International Journal of Molecular Sciences*, vol. 22, no. 4, p. 1786, 2021.
- [76] M. Hasan, I. Sutradhar, R. D. Gupta, and M. Sarker, "Prevalence of chronic kidney disease in South Asia: a systematic review," *BMC Nephrology*, vol. 19, pp. 291–312, 2018.
- [77] R. Naomi, S. H. Teoh, H. Embong et al., "The role of oxidative stress and inflammation in obesity and its impact on cognitive impairments— a narrative review," *Antioxidants*, vol. 12, no. 5, p. 1071, 2023.
- [78] L. Baz, S. Algarni, M. Al-thepyani, A. Aldairi, and H. Gashlan, "Lycopene improves metabolic disorders and liver injury induced by a high-fat diet in obese rats," *Molecules*, vol. 27, no. 22, pp. 7736–7816, 2022.
- [79] K. E. Senkus, Y. Zhang, H. Wang, L. Tan, and K. M. Crowe-white, "Lycopene supplementation of maternal and weanling high-fat diets influences adipose tissue development and metabolic outcomes of Sprague-Dawley offspring," *Journal of nutritional science*, vol. 10, pp. e96–e10, 2021.
- [80] T. Albrahim and M. A. Alonazi, "Lycopene corrects metabolic syndrome and liver injury induced by high fat diet in obese rats through antioxidant, anti-inflammatory, anti-fibrotic pathways," *Biomedicine and Pharmacotherapy*, vol. 141, Article ID 111831, 2021.
- [81] R. A. M. Luvizotto, A. F. Nascimento, N. C. M. Miranda, X. D. Wang, and A. Ferreira, "Lycopene-rich tomato oleoresin modulates plasma adiponectin concentration and mRNA levels of adiponectin, SIRT1, and FoxO1 in adipose tissue of obese rats," *Human and Experimental Toxicology*, vol. 34, no. 6, pp. 612–619, 2015.
- [82] M. Sharifi-Rad, N. V. Anil Kumar, P. Zucca et al., "Lifestyle, oxidative stress, and antioxidants: back and forth in the pathophysiology of chronic diseases," *Frontiers in Physiology*, vol. 11, pp. 694–721, 2020.

- [83] Z. Q. Liu, "Bridging free radical chemistry with drug discovery: a promising way for finding novel drugs efficiently," *European Journal of Medicinal Chemistry*, vol. 189, Article ID 112020, 2020.
- [84] C. A. Juan, J. M. Pérez de la Lastra, F. J. Plou, E. Pérez-Lebeña, and S. Reinbothe, "The chemistry of reactive oxygen species (ROS) revisited: outlining their role in biological macromolecules (DNA, lipids and proteins) and induced pathologies," *International Journal of Molecular Sciences*, vol. 22, no. 9, p. 4642, 2021.
- [85] T. R. Kiran, O. Otlu, and A. B. Karabulut, "Oxidative stress and antioxidants in health and disease," *Journal of Laboratory Medicine*, vol. 47, no. 1, pp. 1–11, 2023.
- [86] Y. Gu, A. Singh, S. Bose, and N. Singh, "Pathogenic mutations in the glycosylphosphatidylinositol signal peptide of PrP modulate its topology in neuroblastoma cells," *Molecular and Cellular Neuroscience*, vol. 37, no. 4, pp. 647–656, 2008.
- [87] H. E. Leh and L. K. Lee, "Lycopene: a potent antioxidant for the amelioration of type II diabetes mellitus," *Molecules*, vol. 27, no. 7, p. 2335, 2022.
- [88] N. Francenia Santos-Sánchez, R. Salas-Coronado, C. Villanueva-Cañongo et al., "Antioxidant compounds and their antioxidant mechanism," *Antioxidants*, 2019.
- [89] H. S. Black, F. Boehm, R. Edge, and T. G. Truscott, "The benefits and risks of certain dietary carotenoids that exhibit both anti- and pro-oxidative mechanisms—a comprehensive review," *Antioxidants*, vol. 9, no. 3, p. 264, 2020.
- [90] L. I. Elvira-Torales, J. García-Alonso, and M. J. Periago-Castón, "Nutritional importance of carotenoids and their effect on liver health: a review," *Antioxidants*, vol. 8, no. 7, p. 229, 2019.
- [91] B. Poljšak and R. Fink, "The protective role of antioxidants in the defence against ROS/RNS-Mediated environmental pollution," *Oxidative Medicine and Cellular Longevity*, vol. 2014, Article ID 671539, 22 pages, 2014.
- [92] M. Lucas, M. Freitas, F. Carvalho, E. Fernandes, and D. Ribeiro, "Antioxidant and pro-oxidant activities of carotenoids," *Plant Antioxidants and Health*, pp. 123–148, 2022.
- [93] R. K. Saini, K. R. R. Rengasamy, F. M. Mahomoodally, and Y. S. Keum, "Protective effects of lycopene in cancer, cardiovascular, and neurodegenerative diseases: an update on epidemiological and mechanistic perspectives," *Pharmacological Research*, vol. 155, Article ID 104730, 2020.
- [94] E. L. P. Varela, A. R. Q. Gomes, A. da Silva Barbosa dos Santos, E. P. de Carvalho, V. V. Vale, and S. Percário, "Potential benefits of lycopene consumption: rationale for using it as an adjuvant treatment for malaria patients and in several diseases," *Nutrients*, vol. 14, no. 24, p. 5303, 2022.
- [95] S. S. Gidding and N. B. Allen, "Cholesterol and atherosclerotic cardiovascular disease: a lifelong problem," *Journal of the American Heart Association*, vol. 8, no. 11, pp. 0129244–e12933, 2019.
- [96] M. Vaduganathan, G. A. Mensah, J. V. Turco, V. Fuster, and G. A. Roth, "The global burden of cardiovascular diseases and risk," *Journal of the American College of Cardiology*, vol. 80, no. 25, pp. 2361–2371, 2022.
- [97] A. Mezbani, B. P. Kavan, A. Kiani, and B. Masouri, "Effect of dietary lycopene supplementation on growth performance, blood parameters and antioxidant enzymes status in broiler chickens," *Livestock Research for Rural Development*, vol. 31, 2019, <https://www.lrrd.org/lrrd31/1/bahma31012.html>.
- [98] F. Mannino, G. Pallio, D. Altavilla et al., "Atherosclerosis plaque reduction by lycopene is mediated by increased energy expenditure through AMPK and PPAR α in ApoE KO mice fed with a high fat diet," *Biomolecules*, vol. 12, no. 7, p. 973, 2022.
- [99] T. Albrahim, "Lycopene modulates oxidative stress and inflammation in hypercholesterolemic rats," *Pharmaceuticals*, vol. 15, no. 11, p. 1420, 2022.
- [100] P. Palozza, A. Catalano, R. E. Simone, M. C. Mele, and A. Cittadini, "Effect of lycopene and tomato products on cholesterol metabolism," *Annals of Nutrition and Metabolism*, vol. 61, no. 2, pp. 126–134, 2012.
- [101] T. Inoue, K. Yoshida, E. Sasaki, K. Aizawa, and H. Kamioka, "Effects of lycopene intake on HDL-cholesterol and triglyceride levels: a systematic review with meta-analysis," *Journal of Food Science*, vol. 86, no. 8, pp. 3285–3302, 2021.
- [102] W. Rattanavipanon, C. Nithiphongwarakul, P. Sirisuwanstith et al., "Effect of tomato, lycopene and related products on blood pressure: a systematic review and network meta-analysis," *Phytomedicine*, vol. 88, Article ID 153512, 2021.
- [103] D. Beyoğlu and J. R. Idle, "Metabolomic and lipidomic biomarkers for premalignant liver disease diagnosis and therapy," *Metabolites*, vol. 10, no. 2, p. 50, 2020.
- [104] A. Kalra, E. Yetiskul, C. J. Wehrle, and F. Tuma, "Physiology, liver," *StatPearls*, 2022.
- [105] K. H. Mohammed, "Liver structure, function and its interrelationships with other organs: a review," *International Journal Dental and Medical Sciences Research*, vol. 4, no. 1, pp. 88–92, 2022.
- [106] W. K. Seto and M. S. Mandell, "Chronic liver disease: global perspectives and future challenges to delivering quality health care," *PLoS One*, vol. 16, no. 1, pp. e0243607–e0243612, 2021.
- [107] M. Scorza, A. Elce, F. Zarrilli, R. Liguori, F. Amato, and G. Castaldo, "Genetic diseases that predispose to early liver cirrhosis," *International Journal of Hepatology*, vol. 2014, pp. 1–11, 2014.
- [108] X. Kong, L. Xie, H. Zhu et al., "Genotypic and phenotypic spectra of hemojuvelin mutations in primary hemochromatosis patients: a systematic review," *Orphanet Journal of Rare Diseases*, vol. 14, no. 1, pp. 171–224, 2019.
- [109] M. Bouche-careilh, "Alpha-1 antitrypsin deficiency-mediated liver toxicity: why do some patients do poorly? what do we know so far? Chronic Obstructive Pulmonary," *Chronic Obstructive Pulmonary Diseases: Journal of the COPD Foundation*, vol. 7, no. 3, pp. 172–181, 2020.
- [110] S. Pouwels, N. Sakran, Y. Graham et al., "Non-alcoholic fatty liver disease (NAFLD): a review of pathophysiology, clinical management and effects of weight loss," *BMC Endocrine Disorders*, vol. 22, no. 1, pp. 63–69, 2022.
- [111] J. Maurice and P. Manousou, "Non-alcoholic fatty liver disease," *Clinical Medicine*, vol. 18, no. 3, pp. 245–250, 2018.
- [112] J. Spiers, J. H. Brindley, W. Li, and W. Alazawi, "What's new in non-alcoholic fatty liver disease?" *Frontline Gastroenterology*, vol. 13, no. e1, pp. E102–E108, 2022.
- [113] S. K. Han, S. K. Baik, and M. Y. Kim, "Non-alcoholic fatty liver disease: definition and subtypes," *Clinical and Molecular Hepatology*, vol. 29, pp. 5–16, 2023.
- [114] Z. Z. Li, X. Z. Lu, C. C. Ma, and L. Chen, "Serum Lycopene Levels in Patients with Diabetic Retinopathy," *European Journal of Ophthalmology*, vol. 20, no. 4, pp. 719–723, 2018.
- [115] M. S. Kadry, A. L. Mohamed, K. A. Tarek, M. N. Sherif, and Y. El-Sayed, "The molecular and biochemical insight view of lycopene in ameliorating tramadol-induced liver toxicity

- in a rat model: implication of oxidative stress, apoptosis, and MAPK signaling pathways," *Environmental science and pollution research international*, vol. 25, no. 33, pp. 33119–33130, 2018.
- [116] W. Jiang, M. Guo, and X. Hai, "Hepatoprotective and antioxidant effects of lycopene on non-alcoholic fatty liver disease in rat," *World Journal of Gastroenterology*, vol. 22, no. 46, pp. 10180–10188, 2016.
- [117] P. Gori, A. Patel, N. Solanki et al., "Protective effects of lycopene against adenine-induced chronic renal failure in rats," *Indian Journal of Physiology and Pharmacology*, vol. 65, no. 2, pp. 74–85, 2021.
- [118] C. Santos-araújo, L. Mendonça, D. S. Carvalho et al., "Twenty years of real-world data to estimate chronic kidney disease prevalence and staging in an unselected population," *Clinical Kidney Journal*, vol. 16, no. 1, pp. 111–124, 2023.
- [119] J. Jankowski, J. Floege, D. Fliser, M. Böhm, and N. Marx, "Cardiovascular disease in chronic kidney disease pathophysiological insights and therapeutic options," *Circulation*, vol. 143, no. 11, pp. 1157–1172, 2021.
- [120] S. S. Virani, A. Alonso, E. J. Benjamin et al., "Heart disease and stroke statistics-2020 update: a report from the American heart association," *Circulation*, vol. 141, no. 9, pp. e139–e596, 2020.
- [121] H. Warrens, D. Banerjee, and C. A. Herzog, "Cardiovascular complications of chronic kidney disease: an introduction," *European cardiology*, vol. 17, p. 13, 2022.
- [122] V. Ravarotto, F. Simioni, E. Pagnin, P. A. Davis, and L. A. Calò, "Oxidative stress – chronic kidney disease–cardiovascular disease: a vicious circle," *Life Sciences*, vol. 210, pp. 125–131, 2018.
- [123] O. M. Akchurin and F. Kaskel, "Update on inflammation in chronic kidney disease," *Blood Purification*, vol. 39, no. 1-3, pp. 84–92, 2015.
- [124] S. F. Rapa, B. R. Di Iorio, P. Campiglia, A. Heidland, S. Marzocco, and S. Marzocco, "Inflammation and oxidative stress in chronic kidney disease— potential therapeutic role of minerals, vitamins and plant-derived metabolites," *International Journal of Molecular Sciences*, vol. 21, no. 1, p. 263, 2019.
- [125] D. R. S. G. El-karim, "Presumptive ameliorative effect of lycopene on lead-induced nephro- toxicity in males wistar rats received: accepted," *Journal of Advanced Veterinary Research*, vol. 9, no. 3, pp. 91–96, 2019.
- [126] F. Bedir, H. Kocaturk, O. Turangezli et al., "The protective effect of lycopene against oxidative kidney damage associated with combined use of isoniazid and rifampicin in rats," *Brazilian Journal of Medical and Biological Research*, vol. 54, pp. e10660–e10668, 2021.
- [127] N. I. Khan, S. Noori, and T. Mahboob, "Efficacy of lycopene on modulation of renal antioxidant enzymes, ACE and ACE gene expression in hyperlipidaemic rats," *Journal of the Renin-Angiotensin-Aldosterone System*, vol. 17, no. 3, Article ID 147032031666461, 2016.
- [128] S. Tabrez, K. Z. Al-Shali, and S. Ahmad, "Lycopene powers the inhibition of glycation-induced diabetic nephropathy: a novel approach to halt the AGE-RAGE axis menace," *BioFactors*, vol. 41, no. 5, pp. 372–381, 2015.
- [129] D. T. Pierine, M. E. L. Navarro, I. O. Minatel et al., "Lycopene supplementation reduces TNF- α via RAGE in the kidney of obese rats," *Nutrition and Diabetes*, vol. 4, no. 11, pp. e142–e146, 2014.
- [130] M. Bacanlı, N. Başaran, and A. A. Başaran, "Lycopene: is it beneficial to human health as an antioxidant?" *Turkish Journal of Pharmaceutical Sciences*, vol. 14, no. 3, pp. 311–318, 2017.
- [131] N. Mehta, P. Patani, and I. Singhvi, "A review on tomato lycopene," *International Journal of Pharmaceutical Sciences and Research*, vol. 9, no. 3, pp. 916–923, 2018.
- [132] F. Y. Erdayanti, D. R. Atmaka, and M. Kagawa, "The potential of phytochemicals lycopene in prevention of bone loss due to decreased estrogen hormone in humans and experimental animals," *Media Gizi Indonesia*, vol. 17, no. 2, pp. 191–203, 2022.
- [133] J. A. Cauley, D. Chalhoub, A. M. Kassem, and G. E. Fuleihan, "Geographic and ethnic disparities in osteoporotic fractures," *Nature Reviews Endocrinology*, vol. 10, no. 6, pp. 338–351, 2014.
- [134] S. Rai, O. Shaki, T. P. Gupta, B. K. Chakrabarty, and R. S. Negi, "To study the awareness of osteoporosis in postmenopausal Indian women in a Northeast part of India: an evaluation of the Osteoporosis Health Belief Scale," *Journal of Family Medicine and Primary Care*, vol. 10, no. 5, p. 1950, 2021.
- [135] A. Bhatnagar and A. L. Kekatpure, "Postmenopausal osteoporosis: a literature review," *Cureus*, vol. 14, no. 9, Article ID e29367, 2022.
- [136] E. M. Shihab, M. G. Al-abbassi, D. Abd, A. Wahab, and I. T. Ahmad, "Role of estrogen in the oxidation process in postmenopausal osteoporosis," *Journal of Global Pharma Technology*, vol. 10, no. 8, pp. 80–85, 2018.
- [137] U. S. Walallawita, F. M. Wolber, A. Ziv-gal, M. C. Kruger, and J. A. Heyes, "Potential role of lycopene in the prevention of postmenopausal bone loss: evidence from molecular to clinical studies," *International Journal of Molecular Sciences*, vol. 21, no. 19, p. 7119, 2020.
- [138] K. N. Tu, J. D. Lie, C. K. V. Wan et al., "Osteoporosis: a review of treatment options," *P and T: A Peer-Reviewed Journal for Formulary Management*, vol. 43, no. 2, pp. 92–104, 2018.
- [139] J. Godos, F. Giampieri, E. Chisari et al., "Alcohol consumption, bone mineral density, and risk of osteoporotic fractures: a dose – response meta-analysis," *International Journal of Environmental Research and Public Health*, vol. 19, no. 3, Article ID 1515, 2022.
- [140] A. Muñoz-garach, B. García-Fontana, and M. Muñoz-Torres, "Nutrients and dietary patterns related to osteoporosis," *Nutrients*, vol. 12, no. 7, p. 1986, 2020.
- [141] G. Wang, Z. Fang, D. Liu, S. F. Chu, H. L. Li, and H. X. Zhao, "Association between caffeine intake and lumbar spine bone mineral density in adults aged 20– 49: a cross-sectional study," *Frontiers in Endocrinology*, vol. 13, pp. 1008275–1008278, 2022.
- [142] J. Xu, C. Song, X. Song, X. Zhang, and X. Li, "Carotenoids and risk of fracture: a meta-analysis of observational studies," *Oncotarget*, vol. 8, no. 2, pp. 2391–2399, 2017.
- [143] C. Russo, Y. Ferro, S. Maurotti et al., "Lycopene and bone: an in vitro investigation and a pilot prospective clinical study," *Journal of Translational Medicine*, vol. 18, pp. 43–11, 2020.
- [144] B. Xia, R. Zhu, H. Zhang et al., "Lycopene improves bone quality and regulates AGE/RAGE/NF- κ B signaling pathway in high-fat diet-induced obese mice," *Oxidative Medicine and Cellular Longevity*, vol. 2022, Article ID 3697067, 14 pages, 2022.
- [145] G. S. M. M. Sadika M Tawfik Md, E. F. Salah Md, N. A. El-bakery, and E. F. Salah, "Histological study of the possible protective effect of lycopene on glucocorticoid-induced osteoporosis in adult male albino rat," *The*

- Medical Journal of Cairo University*, vol. 87, no. 3, pp. 2121–2134, 2019.
- [146] S. S. Qi, M. L. Shao, Z. Sun et al., “Lycopene ameliorates diabetic osteoporosis via anti-inflammatory, anti-oxidation, and increasing Osteoprotegerin/RANKL expression ratio,” *Journal of Functional Foods*, vol. 83, Article ID 104539, 2021.
- [147] L. Chen, H. Deng, H. Cui et al., “Inflammatory responses and inflammation-associated diseases in organs,” *Oncotarget*, vol. 9, no. 6, pp. 7204–7218, 2018.
- [148] F. R. Greten, S. I. Grivennikov, E. Therapy, C. Program, and F. Chase, “Inflammation and cancer: triggers, mechanisms, and consequences,” *Immunity*, vol. 51, no. 1, pp. 27–41, 2019.
- [149] V. Molnar, V. Matiši, I. Kodvanj et al., “Cytokines and chemokines involved in osteoarthritis pathogenesis c,” pp. 1–23, 2021.
- [150] J. V. Fernandes, R. N. O. Cobucci, C. A. N. Jatobá, T. A. A. de Medeiros Fernandes, J. W. V. de Azevedo, and J. M. G. de Araújo, “The role of the mediators of inflammation in cancer development,” *Pathology and Oncology Research*, vol. 21, no. 3, pp. 527–534, 2015.
- [151] U. M. Khan, M. Sevindik, A. Zarrabi et al., “Lycopene: food sources, biological activities, and human health benefits,” *Oxidative Medicine and Cellular Longevity*, vol. 2021, Article ID 2713511, 10 pages, 2021.
- [152] J. Zhong and G. Shi, “Editorial: regulation of inflammation in chronic disease,” *Frontiers in Immunology*, vol. 10, pp. 737–742, 2019.
- [153] C. Franceschi, L. Ferrucci, D. W. Gilroy, A. Fasano, and W. Gary, “Chronic inflammation in the etiology of disease across the life span,” *Nature Medicine*, vol. 25, no. 12, pp. 1822–1832, 2020.
- [154] R. Agca, Y. Smulders, and M. Nurmohamed, “Cardiovascular disease risk in immune-mediated inflammatory diseases: recommendations for clinical practice,” *Heart*, vol. 108, no. 1, pp. 73–79, 2022.
- [155] Z. Karaköy, E. Cadirci, and B. Dincer, “A new target in inflammatory diseases: lycopene,” *The Eurasian Journal of Medicine*, vol. 54, no. 1, pp. S23–S28, 2023.
- [156] R. N. Ugbara, A. S. James, E. I. Ugwor, A. J. Akamo, F. C. Thomas, and A. M. Kosoko, “Lycopene suppresses palmitic acid-induced brain oxidative stress, hyperactivity of some neuro-signalling enzymes, and inflammation in female Wistar rat,” *Scientific Reports*, vol. 11, pp. 15038–15113, 2021.
- [157] M. F. Hassan, S. A. Hussein, Y. El Senosi, M. K. Mansour, and A. Amin, “The role of lycopene as antioxidant and anti-inflammatory in protection of oxidative stress induced by metalaxyl,” *Open Journal of Medicinal Chemistry*, vol. 3, no. 1, pp. 26–36, 2018.
- [158] P. Yang, H. Chen, Y. Huang, C. Hsieh, and B. Wung, “Lycopene inhibits NF- κ B activation and adhesion molecule expression through Nrf2-mediated heme oxygenase-1 in endothelial cells,” *International Journal of Molecular Medicine*, vol. 39, no. 6, pp. 1533–1540, 2017.
- [159] H. Hashem, S. Hussein, and Y. El senosi, “Lycopene mitigates experimental colitis in rats by inhibiting oxidative stress-mediated inflammation and apoptosis,” *Benha Veterinary Medical Journal*, vol. 39, no. 1, pp. 16–21, 2020.
- [160] D. F. A. Rocha, P. A. Machado-Junior, A. B. F. Souza et al., “Lycopene ameliorates liver inflammation and redox status in mice exposed to long-term cigarette smoke,” *BioMed Research International*, vol. 2021, Article ID 7101313, 11 pages, 2021.
- [161] Y. Li, M. Zhan, J. Li, W. Zhang, and X. Shang, “Lycopene alleviates lipopolysaccharide-induced testicular injury in rats by activating the PPAR signaling pathway to integrate lipid metabolism and the inflammatory response,” *Translational Andrology and Urology*, vol. 12, no. 2, pp. 271–285, 2023.
- [162] P. Saeedi, I. Petersohn, P. Salpea et al., “Global and regional diabetes prevalence estimates for 2019 and projections for 2030 and 2045: results from the international diabetes federation diabetes atlas, 9th edition,” *Diabetes Research and Clinical Practice*, vol. 157, Article ID 107843, 2019.
- [163] Y. Jin and R. Arroo, “The protective effects of flavonoids and carotenoids against diabetic complications— a review of in vivo evidence,” *Frontiers in Nutrition*, vol. 10, Article ID 1020950, 2023.
- [164] N. Sakran, Y. Graham, T. Pintar et al., “The many faces of diabetes,” *Is there a need for re-classification? A narrative review*, vol. 1–12, 2022.
- [165] O. Ozmen, S. Topsakal, M. Haligur, A. Aydogan, and D. Dincoglu, “Effects of caffeine and lycopene in experimentally induced diabetes mellitus,” *Pancreas*, vol. 45, no. 4, pp. 579–583, 2016.
- [166] D. E. Ejike, M. A. Adam, O. S. Sheu et al., “Lycopene attenuates diabetes-induced oxidative stress in Wistar rats,” *Journal of Diabetes and Endocrinology*, vol. 9, no. 2, pp. 11–19, 2018.
- [167] R. Xie, H. Zhang, X. Liu, J. Liu, and Q. Li, “Extraction of lycopene from tomato pomace and its protective effects on renal injury in diabetic rats,” *Food Science and Technology*, vol. 42, pp. 1–5, 2022.
- [168] M. Soleymannejad, S. G. Joursaraei, F. Feizi, and I. Jafari Anarkooli, “The effects of lycopene and insulin on histological changes and the expression level of bcl-2 family genes in the Hippocampus of streptozotocin-induced diabetic rats,” *Journal of Diabetes Research*, vol. 2017, Article ID 4650939, 9 pages, 2017.
- [169] Y. Yin, Z. Zheng, and Z. Jiang, “Effects of lycopene on metabolism of glycolipid in type 2 diabetic rats,” *Biomedicine and Pharmacotherapy*, vol. 109, no. 74, pp. 2070–2077, 2019.
- [170] R. L. Siegel, K. D. Miller, H. E. Fuchs, and A. Jemal, “Cancer statistics, 2022,” *CA: A Cancer Journal for Clinicians*, vol. 72, no. 1, pp. 7–33, 2022.
- [171] X. Xu, S. Li, and Y. Zhu, “Dietary intake of tomato and lycopene and risk of all-cause and cause-specific mortality: results from a prospective study,” *Frontiers in Nutrition*, vol. 8, Article ID 684859, 2021.
- [172] M. Mirahmadi, S. Azimi-Hashemi, E. Saburi, H. Kamali, M. Pishbin, and F. Hadizadeh, “Potential inhibitory effect of lycopene on prostate cancer,” *Biomedicine and Pharmacotherapy*, vol. 129, Article ID 110459, 2020.
- [173] N. P. Holzapfel, A. Shokoohmand, F. Wagner et al., “Lycopene reduces ovarian tumor growth and intraperitoneal metastatic load,” *American Journal of Cancer Research*, vol. 7, no. 6, pp. 1322–1336, 2017.
- [174] O. H. Aktepe, T. K. Şahin, G. Güner, Z. Arik, and Ş. Yalçın, “Lycopene sensitizes the cervical cancer cells to cisplatin via targeting nuclear factor-kappa b (Nf- κ b) pathway,” *Turkish Journal of Medical Sciences*, vol. 51, no. 1, pp. 368–374, 2021.
- [175] A. N. Mekuria, A. K. Tura, B. Hagos et al., “Anti-cancer effects of lycopene in animal models of hepatocellular carcinoma: a systematic review and meta-analysis,” *Frontiers in Pharmacology*, vol. 11, Article ID 1306, 2020.
- [176] D. Ataseven, A. Öztürk, M. Özkaraca, and Z. Joha, “Anti-cancer activity of lycopene in HT-29 colon cancer cell line,” *Medical Oncology*, vol. 40, no. 5, p. 127, 2023.
- [177] M. Abbasi-Kangevari, N. Ahmadi, N. Fattahi et al., “Quality of care of peptic ulcer disease worldwide: a systematic

- analysis for the global burden of disease study 1990-2019," *PLoS One*, vol. 17, no. 8, pp. 02712844–e271315, 2022.
- [178] A. Tarasconi, F. Coccolini, W. L. Biffl et al., "Perforated and bleeding peptic ulcer: WSES guidelines," *World Journal of Emergency Surgery*, vol. 15, no. 1, pp. 3–24, 2020.
- [179] Z. Irshad, M. Sajjad Khan, Kamran et al., "Role of *Helicobacter pylori* infection and nonsteroidal anti-inflammatory drug use in bleeding peptic ulcers," *Pakistan Journal of Health Sciences*, pp. 147–151, 2023.
- [180] S. P. Lee, I. K. Sung, J. H. Kim, S. Y. Lee, H. S. Park, and C. S. Shim, "Risk factors for the presence of symptoms in peptic ulcer disease," *Clinical Endoscopy*, vol. 50, no. 6, pp. 578–584, 2017.
- [181] A. M. Asali, M. A. Alghamdi, S. A. Fallatah et al., "Risk factors leading to peptic ulcer disease: systematic review in literature," *International Journal Of Community Medicine And Public Health*, vol. 5, no. 10, p. 4617, 2018.
- [182] M. H. Yim, K. H. Kim, and B. J. Lee, "The number of household members as a risk factor for peptic ulcer disease," *Scientific Reports*, vol. 11, no. 1, pp. 5274–5310, 2021.
- [183] S. Kumar, T. Theis, M. Tschang, V. Nagaraj, and F. Berthiaume, "Reactive oxygen species and pressure ulcer formation after traumatic injury to spinal cord and brain," *Antioxidants*, vol. 10, no. 7, pp. 1013–1015, 2021.
- [184] W. Zhang, Y. Lian, Q. Li et al., "Preventative and therapeutic potential of flavonoids in peptic ulcers," *Molecules*, vol. 25, no. 20, p. 4626, 2020.
- [185] R. Abdul-Majeed Al-Razzuqi, A. Rahma Abu-Rageef, W. Sami Mehasin, and T. Rafi Abdul-Majeed Al-Razzuqi, "Evaluation of gastroprotective effect of Vanadyl sulfate and Lycopene on rat model with ethanol-induced gastric mucosal lesions," *Biomedical and Pharmacology Journal*, vol. 11, no. 3, pp. 1291–1294, 2018.
- [186] X. Chen, Y. Zhao, K. Liu et al., "Lycopene aggravates acute gastric injury induced by ethanol," *Frontiers in Nutrition*, vol. 8, pp. 697879–697913, 2021.
- [187] R. N. L. Lamprey, B. Chaulagain, R. Trivedi, A. Gothwal, B. Layek, and J. Singh, "A review of the common neurodegenerative disorders: current therapeutic approaches and the potential role of nanotherapeutics," *International Journal of Molecular Sciences*, vol. 23, no. 3, p. 1851, 2022.
- [188] K. S. Cho, M. Shin, S. Kim, and S. B. Lee, "Recent advances in studies on the therapeutic potential of dietary carotenoids in neurodegenerative diseases," *Oxidative Medicine and Cellular Longevity*, vol. 2018, Article ID 4120458, 13 pages, 2018.
- [189] N. Duggirala, K. J. Ngo, S. M. Pagnoni, A. L. Rosa, and B. L. Fogel, "Spinocerebellar ataxia type 14 (SCA14) in an Argentinian family: a case report," *Journal of Medical Case Reports*, vol. 17, no. 1, pp. 168–176, 2023.
- [190] S. Dutta, M. Sklerov, C. E. Teunissen, and G. Bitan, "Editorial: trends in biomarkers for neurodegenerative diseases: current research and future perspectives," *Frontiers in Aging Neuroscience*, vol. 15, Article ID 1153932, 2023.
- [191] H. Liu, Y. Hu, Y. Zhang et al., "Mendelian randomization highlights significant difference and genetic heterogeneity in clinically diagnosed Alzheimer's disease GWAS and self-report proxy phenotype GWAS," *Alzheimer's Research and Therapy*, vol. 14, no. 1, pp. 17–10, 2022.
- [192] M. Fricker, A. M. Tolkovsky, V. Borutaite, M. Coleman, and G. C. Brown, "Neuronal cell death," *Physiological Reviews*, vol. 98, no. 2, pp. 813–880, 2018.
- [193] E. O. Olufunmilayo, M. B. Gerke-Duncan, and R. M. D. Holsinger, "Oxidative stress and antioxidants in neurodegenerative disorders," *Antioxidants*, vol. 12, no. 2, pp. 517–530, 2023.
- [194] B. Zhao, H. Liu, J. Wang et al., "Lycopene supplementation attenuates oxidative stress, neuroinflammation, and cognitive impairment in aged CD-1 mice," *Journal of Agricultural and Food Chemistry*, vol. 66, no. 12, pp. 3127–3136, 2018.
- [195] E. M. El Morsy and M. A. E. Ahmed, "Protective effects of lycopene on hippocampal neurotoxicity and memory impairment induced by bisphenol A in rats," *Human and Experimental Toxicology*, vol. 39, no. 8, pp. 1066–1078, 2020.
- [196] Y. Guo, Z. Fan, S. Zhao et al., "Brain-targeted lycopene-loaded microemulsion modulates neuroinflammation, oxidative stress, apoptosis and synaptic plasticity in β -amyloid-induced Alzheimer's disease mice," *Neurological Research*, vol. 45, no. 8, pp. 753–764, 2023.
- [197] S. Przybylska and G. Tokarczyk, "Lycopene in the prevention of cardiovascular diseases," *International Journal of Molecular Sciences*, vol. 23, no. 4, p. 1957, 2022.
- [198] H. M. Cheng, G. Koutsidis, J. K. Lodge, A. W. Ashor, M. Siervo, and J. Lara, "Lycopene and tomato and risk of cardiovascular diseases: a systematic review and meta-analysis of epidemiological evidence," *Critical Reviews in Food Science and Nutrition*, vol. 59, no. 1, pp. 141–158, 2019.
- [199] H. M. Cheng, G. Koutsidis, J. K. Lodge, A. Ashor, M. Siervo, and J. Lara, "Tomato and lycopene supplementation and cardiovascular risk factors: a systematic review and meta-analysis," *Atherosclerosis*, vol. 257, pp. 100–108, 2017.
- [200] J. Lin, H.-X. Li, J. Xia et al., "The chemopreventive potential of lycopene against atrazine-induced cardiotoxicity: modulation of ionic homeostasis," *Scientific Reports*, vol. 6, no. 1, Article ID 24855, 2016.
- [201] Y. He, P. Xia, H. Jin, Y. Zhang, B. Chen, and Z. Xu, "Lycopene ameliorates transplant arteriosclerosis in vascular allograft transplantation by regulating the NO/cGMP pathways and rho-associated kinases expression," *Oxidative Medicine and Cellular Longevity*, vol. 2016, Article ID 3128280, 9 pages, 2016.
- [202] Q. He, W. Zhou, C. Xiong, G. Tan, and M. Chen, "Lycopene attenuates inflammation and apoptosis in post-myocardial infarction remodeling by inhibiting the nuclear factor- κ B signaling pathway," *Molecular Medicine Reports*, vol. 11, no. 1, pp. 374–378, 2015.
- [203] P. R. Gajendragadkar, A. Hubsch, K. M. Mäki-Petäjä, M. Serg, I. B. Wilkinson, and J. Cheriyan, "Effects of oral lycopene supplementation on vascular function in patients with cardiovascular disease and healthy volunteers: a randomised controlled trial," *PLoS One*, vol. 9, no. 6, Article ID e99070, 2014.
- [204] K. K. D. Campos, C. de Oliveira Ramos, T. L. Martins et al., "Lycopene mitigates pulmonary emphysema induced by cigarette smoke in a murine model," *The Journal of Nutritional Biochemistry*, vol. 65, pp. 93–100, 2019.
- [205] W. W. Li, T. Y. Wang, B. Cao et al., "Synergistic protection of matrine and lycopene against lipopolysaccharide-induced acute lung injury in mice," *Molecular Medicine Reports*, vol. 20, no. 1, pp. 455–462, 2019.
- [206] J. Mustra Rakic, C. Liu, S. Veeramachaneni et al., "Dietary lycopene attenuates cigarette smoke-promoted nonalcoholic steatohepatitis by preventing suppression of antioxidant enzymes in ferrets," *The Journal of Nutritional Biochemistry*, vol. 91, Article ID 108596, 2021.
- [207] W. Ombelet, "WHO fact sheet on infertility gives hope to millions of infertile couples worldwide," *Facts, Views and Vision in ObGyn*, vol. 12, no. 4, pp. 249–251, 2020.

- [208] O. A. Ojo, P. I. Nwafor-Ezeh, D. E. Rotimi, M. Iyobhebhe, A. D. Ogunlakin, and A. B. Ojo, "Apoptosis, inflammation, and oxidative stress in infertility: a mini review," *Toxicology Reports*, vol. 10, pp. 448–462, 2023.
- [209] A. Babaei, R. Asadpour, K. Mansouri, A. Sabrivand, and S. Kazemi-Darabadi, "Lycopene improves testicular damage and sperm quality in experimentally induced varicocele: relationship with apoptosis, hypoxia, and hyperthermia," *Food Science and Nutrition*, vol. 10, no. 5, pp. 1469–1480, 2022.
- [210] Y. Yamamoto, K. Aizawa, M. Mieno et al., "The effects of tomato juice on male infertility," *Asia Pacific Journal of Clinical Nutrition*, vol. 26, no. 1, pp. 65–71, 2017.
- [211] C. Turkler, T. Onat, E. Yildirim et al., "An experimental study on the use of lycopene to prevent infertility due to acute oxidative ovarian damage caused by a single high dose of methotrexate," *Advances in Clinical and Experimental Medicine*, vol. 29, no. 1, pp. 5–11, 2020.
- [212] E. V. Osilla, J. L. Marsidi, and S. Sharma, "Physiology, temperature regulation," *StatPearls*, 2022.
- [213] A. Balić and M. Mokos, "Do we utilize our knowledge of the skin protective effects of carotenoids enough?" *Antioxidants*, vol. 8, no. 8, pp. 259–319, 2019.
- [214] R. M. Brand, P. Wipf, A. Durham, M. W. Epperly, J. S. Greenberger, and L. D. Faló, "Targeting mitochondrial oxidative stress to mitigate UV-induced skin damage," *Frontiers in Pharmacology*, vol. 9, Article ID 920, 2018.
- [215] M. P. Mogavero, L. M. DelRosso, F. Fanfulla, O. Bruni, and R. Ferri, "Sleep disorders and cancer: state of the art and future perspectives," *Sleep Medicine Reviews*, vol. 56, Article ID 101409, 2021.
- [216] K. Anbualakan, N. Q. Tajul Urus, S. Makpol et al., "A Scoping review on the effects of carotenoids and flavonoids on skin damage due to ultraviolet radiation," *Nutrients*, vol. 15, no. 1, pp. 1–17, 2023.
- [217] X. Zhang, Q. Zhou, Y. Qi et al., "The effect of tomato and lycopene on clinical characteristics and molecular markers of UV-induced skin deterioration: a systematic review and meta-analysis of intervention trials," *Critical Reviews in Food Science and Nutrition*, pp. 1–20, 2023.
- [218] K. K. Abu-Amero, A. A. Kondkar, and K. V. Chalam, "Resveratrol and ophthalmic diseases," *Nutrients*, vol. 8, no. 4, p. 200, 2016.
- [219] X. Gong, C. S. Draper, G. S. Allison, R. Marisiddaiah, and L. P. Rubin, "Effects of the macular carotenoid lutein in human retinal pigment epithelial cells," *Antioxidants*, vol. 6, no. 4, 2017.
- [220] A. Dammak, C. Pastrana, A. Martin-Gil et al., "Oxidative stress in the anterior ocular diseases: diagnostic and treatment," *Biomedicines*, vol. 11, no. 2, p. 292, 2023.
- [221] H. Jiang, Y. Yin, C. R. Wu et al., "Dietary vitamin and carotenoid intake and risk of age-related cataract," *The American Journal of Clinical Nutrition*, vol. 109, no. 1, pp. 43–54, 2019.
- [222] M. Rameshrad, B. M. Razavi, and H. Hosseinzadeh, "Protective effects of green tea and its main constituents against natural and chemical toxins: a comprehensive review," *Food and Chemical Toxicology*, vol. 100, pp. 115–137, 2017.
- [223] J. Briffa, E. Sinagra, and R. Blundell, "Heavy metal pollution in the environment and their toxicological effects on humans," *Heliyon*, vol. 6, no. 9, Article ID e04691, 2020.
- [224] N. Hedayati, M. B. Naeini, A. Nezami et al., "Protective effect of lycopene against chemical and natural toxins: a review," *BioFactors*, vol. 45, no. 1, pp. 5–23, 2019.
- [225] T. Y. Liu and S. B. Chen, "Sarcandra glabra combined with lycopene protect rats from lipopolysaccharide induced acute lung injury via reducing inflammatory response," *Bio-medicine & Pharmacotherapy*, vol. 84, pp. 34–41, 2016.
- [226] A. Karaca, S. Yilmaz, E. Kaya, and S. Altun, "The effect of lycopene on hepatotoxicity of aflatoxin B1 in rats," *Archives of Physiology and Biochemistry*, vol. 127, no. 5, pp. 429–436, 2019.
- [227] X. Wan, H. Ji, H. Ma et al., "Lycopene alleviates aflatoxin B1 induced liver damage through inhibiting cytochrome 450 isozymes and improving detoxification and antioxidant systems in broiler chickens," *Italian Journal of Animal Science*, vol. 21, no. 1, pp. 31–40, 2022.
- [228] O. Macar, T. Kalefetoğlu Macar, K. Çavuşoğlu, E. Yalçın, and K. Yapar, "Lycopene: an antioxidant product reducing dithane toxicity in *Allium cepa* L.," *Scientific Reports*, vol. 13, no. 1, p. 2290, 2023.
- [229] T. A. I. Ahmed, "Protective role of lycopene and vitamin E against diazinon-induced biochemical changes in *Oreochromis niloticus*," *African Journal of Environmental Science and Technology*, vol. 9, no. 6, pp. 557–565, 2015.
- [230] S. Y. Zhu, X. N. Li, Y. Zhao, X. Y. Dai, J. Y. Guo, and J. L. Li, "Lycopene ameliorate atrazine-induced oxidative damage in the B cell zone via targeting the miR-27a-3p/foxo1 Axis," *Journal of Agricultural and Food Chemistry*, vol. 70, no. 39, pp. 12502–12512, 2022.
- [231] W. Li, B. Jiang, X. Cao, Y. Xie, and T. Huang, "Protective effect of lycopene on fluoride-induced ameloblasts apoptosis and dental fluorosis through oxidative stress-mediated Caspase pathways," *Chemico-Biological Interactions*, vol. 261, pp. 27–34, 2017.
- [232] D. Jonker, C. F. Kuper, N. Fraile, A. Estrella, and C. Rodríguez Otero, "Ninety-day oral toxicity study of lycopene from *Blakeslea trispora* in rats," *Regulatory Toxicology and Pharmacology*, vol. 37, no. 3, pp. 396–406, 2003.
- [233] S. K. Gupta, D. Trivedi, S. Srivastava, S. Joshi, N. Halder, and S. D. Verma, "Lycopene attenuates oxidative stress induced experimental cataract development: an in vitro and in vivo study," *Nutrition*, vol. 19, no. 9, pp. 794–799, 2003.
- [234] C. Hanson, E. Lyden, J. Furtado et al., "Serum lycopene concentrations and associations with clinical outcomes in a cohort of maternal-infant dyads," *Nutrients*, vol. 10, no. 2, p. 204, 2018.
- [235] T. Kang, Y. Liu, X. Chen et al., "Dietary carotenoid intake and risk of developing preeclampsia: a hospital-based case-control study," *BMC Pregnancy and Childbirth*, vol. 22, no. 1, pp. 427–513, 2022.