

# Bone Lycopene Supplementation and Disease Risk

## Main findings

- Data are inconclusive
- One study showed a negative relationship between lycopene supplementation and bone turnover marker (NTx).

## Summary of studies and outcomes

- Number of studies = 1
- Risk estimates (RE) = 1
  - (-) = 1
  - N = 0
  - (+) = 0
- Risk estimates by Tomato or Lycopene category
  - $\sqrt{GT}$  G. Tom =
  - $\sqrt{PT}$  P. Tom =
  - $\sqrt{FT}$  F. Tom =
  - $\sqrt{Lyco}$  Lyco = 1 (-)

**Table: Relationship between Lycopene Supplementation and Bone Health**

Study Type	N= RE from study type*	NEGATIVE ASSOCIATION (protective)					NEUTRAL ASSOCIATION (no associated risk or benefit)					POSTIVE ASSOCIATION (risk factor)				
		Sample size, n=					Sample size, n=					Sample size, n=				
Bone		≤100	101-200	201-500	501-1000	≥1000	≤100	101-200	201-500	501-1000	≥1000	≤100	101-200	201-500	501-1000	≥1000
		√ <sub>Lyco</sub>														
RCT	1															
Interv	0															
PC	0															
CC	0															
Cross Sec	0															
Eco	0															

√<sub>Lyco</sub> – Represents lycopene supplementation