

## **Carotenoid Lycopene from BASF blocks age-related prostate enlargement**

- **Scientific study confirms additional health benefits of BASF lycopene (LycoVit)**
- **Daily intake recommended for prevention of prostate problems in men**

Taking BASF lycopene capsules (LycoVit®) prevents age-related prostate growth in men, concludes a clinical trial published in the January 2008 edition of "The Journal of Nutrition".

Age-related benign prostate enlargement, also known as benign prostatic hyperplasia (BPH), is a global problem affecting one in two men in their middle years. The risk of developing BPH rises as men grow older, affecting around 90 percent of 80-year-old males. A typical sign of prostatic hyperplasia is frequent urination, even at night. Apart from major impairment of quality of life, prostatic hyperplasia also increases the risk of developing cancer of the prostate.

"Until now, lycopene's positive effects were documented only for patients already suffering from prostatic cancer. What's new is the knowledge that LycoVit inhibits prostate growth in general. It allows LycoVit to be re-positioned on the food supplement market," says Kai Sievert, in charge of Business Development and Product

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Lycopene is a plant secondary metabolite; more precisely, a carotenoid which gives tomatoes, watermelons and pink grapefruits their redness. As a general characteristic, it is an antioxidant which reduces the harmful effect of reactive oxygen species and strengthens cell protection. In the prostate, lycopene interferes in hormone metabolism, thereby inhibiting growth. BASF's LycoVit is a nature-identical lycopene manufactured specially for use in food supplements and food fortification.

In the clinical pilot study, 40 men aged 45-70 with documented benign prostatic hyperplasia took 15 milligrams of LycoVit in capsules every day for six months. Result: whereas prostate growth continued unimpaired in the placebo group during the period of observation, no further prostate enlargement was seen in the men taking LycoVit. Details of the study are available at [www.human-nutrition.basf.com](http://www.human-nutrition.basf.com) in the section "BASF research studies".

BASF markets LycoVit globally; in the European Union BASF has filed an application for authorization of the LycoVit product range for use in dietary supplements and fortification of foods, which is currently under evaluation by the European authorities.

### **Nutrition Ingredients at BASF**

BASF Nutrition Ingredients is a leading supplier of food ingredients and feed additives. The product portfolio for human nutrition includes vitamins, carotenoids, omega-3s and more. BASF offers products of outstanding quality produced with modern, state-of-the-art technologies. BASF also combines technical services and scientific expertise to meet the highest demands and to deliver the best value to the in-

dustry. Premium formulations are a key strength that has made BASF a leader in the industry. Further information is available at [www.nutrition.basf.com](http://www.nutrition.basf.com).

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