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## **The Antioxidants**

**EDITED BY JEAN BARILLA, M.S.**

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how they promote health and fight disease, presented  
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# Nutrition Superbook Vol 1 The Antioxidants

**Jean Barilla**



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**Tomato Power** James F. Balch, James F. Scheer, James F. Sheer, 1999-03 Lycopine is a powerful nutrient in red ripe tomatoes spotlighted by Harvard's School of Public Health that reduces the risk from such killers as prostate breast cervix and skin cancers It also can reduce the incidence of heart disease memory loss and other age related problems Tomato Power discusses the science and state of the art relative to nutritional benefits of Lycopine in an easy to read and understand manner **American Book Publishing Record**, 1995 *Medical and Health Care Books and Serials in Print*, 1997

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