

BLT - Antioxidant Fortification for Beverages



New Platform for Antioxidants

The growing volume of science supporting the numerous health benefits of an antioxidant-rich diet has food technologists looking for new delivery platforms for antioxidant fortification. LycoRed, Ltd., comes with a solution in the form of two health drinks that deliver the desired antioxidant benefits in a convenient and tasty form. The health drinks, **Summer Delight** and **Tomato on the Go**, provide the platform for BLT, LycoRed's new multi-carotenoid blend.

Health Benefits of Antioxidants

BLT is a ready-to-use mixture of natural beta-carotene from Lyc-O-Beta™, natural lutein from Lyc-O-Lutein™ and natural tomato lycopene from Lyc-O-Mato™ Red. This antioxidant-rich blend of orange, yellow and red carotenoids complements the U.S. government¹ sponsored "5 A Day" campaign aimed at encouraging consumers to eat a variety of different color fruits and vegetables daily for the greatest health benefit. Research on carotenoids and antioxidants specifically has shown that phytonutrient synergy enhances overall antioxidant activity.² The carotenoids in BLT were chosen because of the weight of clinical research supporting their role in the diet in supporting prostate health³ maintaining a healthy heart⁴, supporting eye⁵ and skin health⁶ and helping to protect against DNA and cell damages⁷.

Nutrition on the Go

The juice drink platforms for delivering BLT are a response to customer requests for a convenient and good tasting vehicle for antioxidant fortification. **Summer Delight** is a refreshingly, fruity juice base, and **Tomato on the Go**, a tomato-based drink, whose unique savory flavor is contributed by LycoRedis CTC - an all natural clear tomato

concentrate. **Summer Delight** and **Tomato on the Go** are each intended to meet the needs of consumers who may not take the time to eat a balanced meal and would prefer a great tasting drink over tablets or capsules as a means to insure that their daily diet contains the antioxidants that support good health. A four ounce serving of either the fruity or savory drink contains 1mg beta-carotene, 1mg lutein and 2mg tomato lycopene. Both BLT fortified **Summer Delight** and **Tomato on the Go** lend themselves to additional fortification with other nutrients of a manufacturer's choosing. The LycoRed product list includes many such complementary ingredients and LycoRed pre-mix capabilities make the task of inclusion all the easier.

BLT - especially for nutritional beverages

BLT is highly soluble, all-natural and vegetarian, and was developed specifically for nutritional beverages. Lyc-O-Beta™ is a suspension of micronized natural beta-carotene crystals in glycerol. The beta-carotene is sourced from the fermentation of *Blakeslea trispora* and stabilized by sucrose esters and lecithin. The Lyc-O-Lutein™ contains 2 carotenoids from marigold - lutein and zeaxanthin. The carotenoid crystals are suspended in glycerol and also stabilized by sucrose esters and lecithin. Lyc-O-Mato[®] Red, a rehydrated form of Lyc-O-Mato[®] Powder, supplies the tomato lycopene plus the other phytonutrients found in tomato, including phytoene, phytofluene, tocopherols and phytosterols. BLT is stable at the elevated processing temperatures and low pH that is typical for beverages. All three BLT ingredients are kosher and halal certified and GMO-free. Marketers will particularly appreciate the fact that the all natural ingredients in **Summer Delight** and **Tomato on the Go** lend themselves to a consumer friendly "clean label".

Additional information is available at www.lycored.com or via e-mail from lycored@us.lycored.com.



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End Notes

- 1 U.S. Center for Disease Control and Prevention
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