This is a study* of 144 adults aged 45–68 who were showing signs of early atherosclerosis as demonstrated by thickening of their carotid artery. Supplementation with lutein or the combination of lutein and lycopene over a 12-month period reduced the thickening of the artery, essentially reversing the trend of cardiovascular disease.

One group of 48 subjects was given 20 mg of lutein per day. Another group of 48 subjects were given a combination of 20 mg lutein plus 20 mg lycopene. And the third group of 48 was the control.

The blood levels of lutein and lycopene significantly increased in those taking the supplements. In the lutein group the thickness of the carotid artery was decreased significantly by .035 millimetres. In the lutein and lycopene combination group it was reduced by .073 millimeters.

The study showed that a combination of lutein and lycopene was best at improving arterial health, actually removing plaque build up from the carotid artery in people suffering early stage atherosclerosis.

This is a very important finding for lutein and lycopene and elevates them to first-line cardiovascular support nutrients.

http://www.wellnessresources.com/health/articles/lycopene_and_lutein_improve_carotid_artery_thickness/

Effects of lutein and lycopene on carotid intima–media thickness

Study Title:

Effects of lutein and lycopene on carotid intima–media thickness in Chinese subjects with subclinical atherosclerosis: a randomised, double-blind, placebo-controlled trial

Study Abstract:

The aim of the present study was to evaluate the effects of lutein and lycopene supplementation on carotid artery intima-media thickness (CAIMT) in subjects with subclinical atherosclerosis. A total of 144 subjects aged 45-68 years were recruited from local communities. All the subjects were randomly assigned to receive 20 mg lutein/d (n 48), 20 mg lutein/d+20 mg lycopene/d (n 48) or placebo (n 48) for 12 months. CAIMT was measured using Doppler ultrasonography at baseline and after 12 months, and serum lutein and lycopene concentrations were determined using HPLC. Serum lutein concentrations increased significantly from 0·34 to 1·96 μmol/l in the lutein group (P< 0·001) and from 0·35 to 1·66 μmol/l in the combination group (P<
Similarly, serum lycopene concentrations increased significantly from 0.18 to 0.71 μmol/l in the combination group at month 12 (P< 0.001), whereas no significant change was observed in the placebo group. The mean values of CAIMT decreased significantly by 0.035 mm (P= 0.042) and 0.073 mm (P< 0.001) in the lutein and combination groups at month 12, respectively. The change in CAIMT was inversely associated with the increase in serum lutein concentrations (P< 0.05) in both the active treatment groups and with that in serum lycopene concentrations (β = -0.342, P= 0.031) in the combination group. Lutein and lycopene supplementation significantly increased the serum concentrations of lutein and lycopene with a decrease in CAIMT being associated with both concentrations. In addition, the combination of lutein and lycopene supplementation was more effective than lutein alone for protection against the development of CAIMT in Chinese subjects with subclinical atherosclerosis, and further studies are needed to confirm whether synergistic effects of lutein and lycopene exist.

**Study Information:**


Department of Nutrition and Food Hygiene, School of Public Health, Peking University, 38 Xueyuan Road, Beijing 100191, People’s Republic of China.

http://www.wellnessresources.com/studies/effects_of_lutein_and_lycopene_on_carotid_intimamedia_thickness