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Functional Medicine

**TWEET GM #30**

**2018-06-18**

Title

Created

## **DEVELOPING INTEREST FOR THE BENEFIT OF CAROTENOIDS**

We have just posted QUOTE GM #30 today, which you will hopefully read. This review published in June 2018 illustrates growing attention from the medical community for **carotenoids**, namely *lycopene*, *lutein*, *zeaxanthin*, *beta-cryptoxanthin*, *astaxanthin*, *alpha-carotene*, and *beta-carotene*.

More and more studies are published and I consider the above-mentioned article pretty conservative, to say the least. In particular, evidence related to **lutein**, **lycopene**, and **astaxanthin** shows overwhelming. I therefore recommend consulting the scientific database that I have recently posted on my website [www.gmouton.com](http://www.gmouton.com) under the tab "REFERENCES". You will find 7 fascinating articles about *lycopene* and 4 articles about *astaxanthin*.

They appear within the section "NUTRIENTS". More articles will soon be posted about **beta-cryptoxanthin**, because I spot numerous deficiencies among my patients. Interestingly, the best way to address such an issue consists in eating **red bell pepper tapenade** or traditional **sweet ajvar**.

Another frequent carotenoid deficiency hits highly acclaimed **lycopene**, perhaps because I ask so many of my patients to avoid gluten-loaded pasta and pizza! For sure, they should not miss **tomato sauce**, above all if slowly cooked in olive oil, because that represents by far its best source.

For much more dietary sources providing all these **carotenoids**, I advise you to download so-called "LIST CAROTENOIDS" that you will find under the tab "GM DATABASE" on my website [www.gmouton.com](http://www.gmouton.com). That is free!