

Did you know ...

Interesting facts about litchi

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Asian lychee fruit helps safeguard skin from sun

You probably know to cover up with sunscreen before you head outdoors, but when it comes to protecting yourself from the sun, it may be what's on the inside that counts. Research now shows that taking a certain antioxidant supplement derived from the Asian lychee fruit could limit the sun's damaging UVB rays.

When UVB rays hit your skin, two things happen: The skin becomes inflamed-red, swollen, painful and

hot – and free radicals are produced. Together, these two reactions cause damage to the skin cells, which can hasten skin aging and trigger the development of skin cancer.

A new study published in the *Journal of Functional Foods* found that a lychee supplement called oligonol prevents UVB damage to the skin by suppressing inflammation and revving up the body's natural antioxidant defenses. The supplement provided protection from both sun-induced skin aging and skin cancer. **ST**



The power of the lychee

For centuries, the lychee has been known for its health- and beauty-promoting qualities, mainly because it is rich in polyphenols – the superstar antioxidants that make green tea, chocolate and berries so good for you. In fact, it was recently confirmed that the lychee fruit contains more polyphenols than any other edible plant except for the strawberry. But because of their large size, these polyphenols are normally difficult to absorb. However, Japanese researchers solved this problem by employing a proprietary technology to drastically reduce the size and improve the absorption of lychee polyphenols. The result is oligonol. **ST**

Protection year-round

A previous study in female subjects aged 26 to 60 found that after taking the supplement for 12 weeks, women experienced a gradual reduction in freckles, a decrease in wrinkles and an improvement in skin texture. Experts say these findings make a compelling argument for taking the supplement year-round in the summer to prevent skin damage and throughout the year for younger-looking skin. **ST**
(Source: napsnet.com; Publication date: 6/23/2009)





Lychee fruit contains **66 calories per 100 g**, comparable to that in the table-grapes. It has no saturated fats or cholesterol, but composes of good amounts of dietary fiber, vitamins, and antioxidants.

Source: <http://www.nutrition-and-you.com/Lychee.html>

Health benefits of “lychee fruit”

Anti-cancer: As natural cancer treatment, lychee fruit prevents the growth of cancer cells. Research has also shown that lychee fruit may provide impressive anti-breast cancer properties.

Oligonol is a low molecular weight polyphenol found abundantly in lychee fruit. Oligonol has been found to have several anti-oxidant, anti-influenza virus actions. In addition, it helps to improve blood flow in organs, reduce weight and protect skin from harmful UV rays.

Potassium and copper: Lychee also contains a very good amount of minerals like potassium and copper. Potassium is an important component of cell and body fluids that helps control heart rate and blood pressure; thus offering protection against stroke and coronary heart diseases. Copper is required in the production of red blood cells.

Vitamin C: Lychee is extremely rich in vitamin C and contains approximately 40 percent more vitamin C than orange. Studies suggest that consumption of fruits rich in vitamin C helps the body to develop resistance against infectious agents and scavenge harmful, pro-inflammatory free radicals.

Vitamin B, thiamin, niacin, folates: It is a very good source of B-complex vitamins such as thiamin, niacin and folates. These vitamins are essential since they function by acting as co-factors to help body metabolize carbohydrates, protein and fats.

Lychee is considered **diuretic and digestive**.

It even has high levels of **beta-carotene**, greater than that found in carrots. Beta-carotene is stored in the

liver and many other organs (“golden ovaries”) and strengthens the immune system.

Lychee fruits are **low in calories**, contain no saturated fats or cholesterol, but are rich in dietary fibre which, can be very important for individuals who are concerned about their excess body weight.

It is a good source of **carbohydrates and fibre**, which are quite essential for the body. ST

(Source: <http://factsram.blogspot.com/2012/11/health-benefits-of-lychee-fruit.html>)

