

Lychee Fruit Helps Safeguard Skin From Sun

(NAPSA)—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.

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



Antioxidants found in the lychee fruit could help protect skin from sun damage.

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.

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.

For more information, visit www.oligonol.info.