

# Watermelon



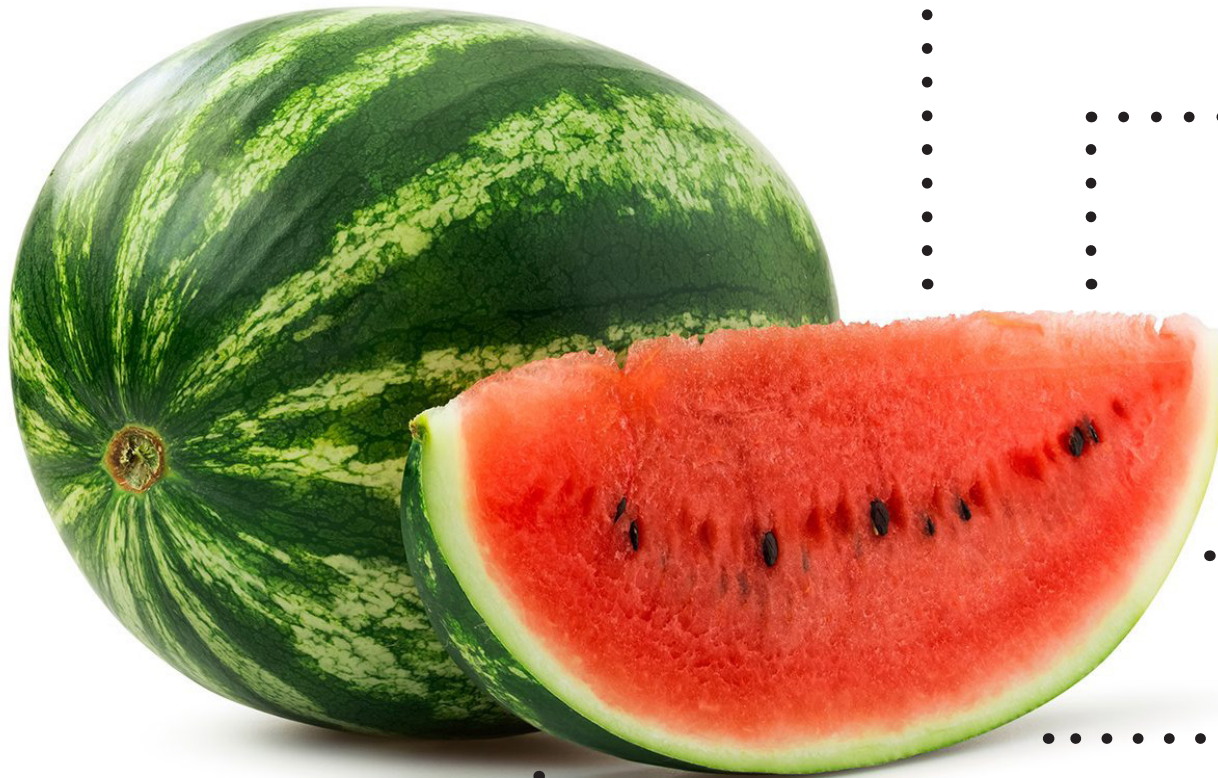
**VEGIES UNLIMITED**

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**NUTRICULA PSYCHOLOGY**

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Highest concentration of lycopene (antioxidant)

Helps with muscle and nerve function

Lycopene reduces cancer risk by lowering insulin-like growth factor

May improve heart health

May help lower inflammation

May help prevent macular degeneration

May help delay the onset of Alzheimer disease