

E-Newsletter: Market Watch February, 2022



1. Watermelons offer widespread health benefits, study confirms.

Watermelons are full of nutrients:

This latest research reveals that watermelons contain amino acids, antioxidants, minerals, and essential vitamins. More specifically, watermelons offer two distinct amino acids known as citrulline and arginine. Scientists view both of those amino acids as “precursors” to nitric oxide, which is an integral molecule when it comes to controlling blood pressure, lipid reduction, and glucose control.

Polyphenols and carotenoids, especially lycopene, are all also found in great numbers in watermelons. Study authors explain that the nitric oxide benefits of citrulline and arginine, combined with the bioactivity of polyphenols and carotenoids, indicate watermelons are likely an effective way to help support normal cardio-metabolic health.



2. One of the benefits of lycopene.

Supplemental lycopene, a red carotenoid found in tomatoes, watermelons, and other foodstuffs, may significantly reduce blood pressure in hypertensive people, says a new meta-analysis of clinical trials.



3. Continuous use of VD is recommended for older adults.

Switzerland—New guidance from Switzerland’s government advises older consumers to take a vitamin D supplement daily.

The leaflet explains that vitamin D isn’t provided in a sufficient quantity via food, but is synthesized by the body through sun exposure—but that the formation of vitamin D through the skin is reduced by one-quarter as people age.

The leaflet further notes that vitamin D as part of a regimen including eating protein with every meal and doing physical activity can help maintain good, healthy muscle, and that vitamin D supports bone strength, reducing risk of falls and hip fracture, helping seniors stay independent and autonomous as long as possible.



4.Capsaicin--- A new active ingredients

Capsaicin, chemically known as trans-8-methyl-n-vanilla-6-nonenamide. Capsicum is a fat-soluble phenolic compound found in chili peppers and one of the sources of their heat. Many studies have shown that capsaicin has a good effect on regulating blood lipid, reducing weight and lowering cholesterol. Capsaicin regulates glucose and lipid metabolism through multi-pathway and multi-function target organ action, among which the activation of TRPV1 channel plays a key role in capsaicin's weight loss and lipid reduction.



5.Ergothioneine---rich mushrooms may fight depression, finds

US study

People who eat mushrooms have lower odds of having depression, according to US researchers at Penn State College of Medicine. The study highlights the potential clinical and public health importance of mushroom consumption as it holds mood benefits and can prevent diseases.



“Mushrooms are the highest dietary source of the amino acid ergothioneine – an anti-inflammatory which humans cannot synthesize,” says Djibril Ba, lead study author, department of public health sciences, Penn State College of Medicine.

“Having high levels of this may lower the risk of oxidative stress, which could also reduce the symptoms of depression.”

“The study adds to the growing list of possible health benefits of eating mushrooms,” confirms Joshua Muscat, researcher at Penn State Cancer Institute and professor of public health sciences.

Ergothioneine is an antioxidant that may protect against cell and tissue damage in the body. Separate studies have shown that antioxidants help prevent several mental illnesses, such as schizophrenia, bipolar disorder and depression.

