

# The Hematological Profile, Hepatic Marker, and Histomorphology Effects on Canned Tomato Consumption Using Adult Male Wistar Rats

## Abstract

**Objective:** The study investigates the effects of canned tomato consumption on the hematological profile, hepatic markers and histology,

**Method:** The study involved 20 male Wistar rats divided into two groups, each fed Gino tomato sachets for 21 days. The rats were anesthetized, and liver and blood were extracted. Standard laboratory analysis, light microscope, GraphPad Prism, and ANOVA were used for descriptive and statistical analysis, with a significance level of  $p < 0.05$ .

**Results:** Findings show the presence of Carbohydrates, Alkaloids, Flavonoids, reducing sugar and Resins were present, Results for PCV were  $7.00 \pm 4.15$  and  $53.00 \pm 3.69\%$ , Hb levels were  $11.70 \pm 1.03$  and  $17.68 \pm 1.22$  g/L. (WBC) are  $9.44 \pm 1.32$  and  $7.16 \pm 0.50$ g, with results significant at ( $p < 0.05$ ), in table 2. The results for Liver function are  $12.80 \pm 2.78$  and  $4.80 \pm 0.58$  U/l for AST,  $8.60 \pm 1.33$  and  $5.40 \pm 0.68$  U/L for ALT, Total protein  $62.40 \pm 6.52$  and  $68.60 \pm 8.41$  (g/L), and was significant at  $p < 0.05$  in table 4. The weights of the rats for the first 21 days were  $81.70 \pm 3.20$  and  $84.50 \pm 3.46$ g,  $102.00 \pm 3.45$  and  $114.90 \pm 3.84$ g, and  $103.30 \pm 5.19$  and  $107.70 \pm 5.47$ g, with significance at week 2 in table 4, the weight after 21 days were  $173.20 \pm 7.45$  and  $183.20 \pm 6.69$ g,  $177.00 \pm 6.64$  and  $198.20 \pm 12.46$ g, and  $189.60 \pm 8.01$  and  $205.40 \pm 9.90$ g.

**Conclusion:** The findings show a significant difference in the last 21 days as compared to the first. *Solanum lycopersicum L.* in the study has a significant impact on the hematological, liver, and weight of the Wistar rats.

**Keywords:** Consumption, Hematological parameters, Anesthetizing, Standard Error of Mean

## Introduction

Tomatoes, based on several studies, are one of the most important fruits commonly consumed by people, as well as providing a healthy heart and other parts of the body and systems when consumed in moderation [1, 2, 3, 4]. The effects of certain foods or fruits on a person are defined as either useful or dangerous [5], like in the case of cancer and other life-threatening health conditions such as heart disease when taken in large quantities [6].

Tomatoes (*Solanum lycopersicum*) are rich in phytochemicals and nutrients like lycopene, potassium, iron, folate, and vitamin C [7]. Aside from lycopene and vitamin C, tomatoes include other antioxidants such as beta-carotene and phenolic substances such as flavonoids, hydroxycinnamic acid, chlorogenic, homovanillic acid, and ferulic acid [8]. Tomatoes can contribute significantly to a healthy diet and can be consumed fresh and cooked while retaining their nutritional value [1, 9, 10]. Over 80% of commercially farmed tomatoes are consumed in processed forms such as juice, soup, and ketchup [9].

Food processing procedures have been shown to influence and alter nutrients in fruits and vegetables [11]. However, according to Sadler et al. [12], processed foods are not always nutritionally inferior or unhealthy. Processed food can have favorable impacts such as better digestibility, nutritional bioavailability, and food safety [13]. Recent works and studies have revealed that tomatoes are largely composed of many constituents and elements, necessitating an analysis of the various elements and their composition [9]. Other researchers have highlighted the various benefits of tomatoes; nevertheless, in addition to these health benefits, tomatoes have some undesirable effects on the body when ingested in big quantities or under abnormal body conditions. These adverse effects have been linked to a variety of medical disorders, including kidney difficulties, allergies, arthritis, heartburn, and migraines [14].

Lycopene, one of the active ingredients of tomatoes and an antioxidant, is substantially higher in cooked and processed (canned) tomatoes than in fresh tomatoes [9, 15]. Canned tomatoes have substantially higher lycopene bioavailability than fresh tomatoes because heating opens up the tomato plant's cell walls, allowing lycopene to be absorbed in the body [9, 16]. Based on these findings, this study was designed to explore the effects of canned tomato consumption on hematological profile, liver markers, and hepatic histology.

## **2.0 Materials and Method**

### **2.1 Animal Procurement and Acclimatization**

20 mature male Wistar rats (*Rattus norvegicus*) weighing between 80g and 130g were purchased from the University of Port Harcourt Animal House Choba and transported to the Department of Animal and Environmental Biology Laboratory in a well-constructed wooden cage. They were allowed to acclimate to the environment for two weeks and were fed a standard basal diet with water twice daily. The animals were weighed with a weighing balance upon arrival to determine their respective weights, and they were divided into two groups of ten male Wistar rats each and categorized as Cage A "Control" and Cage B "Experimental" for the research purpose to effectively examine the hematological and histological from the Gino tomato pastes treatment given.

### **2.2 Procurement of Tomatoes Paste**

Fifteen (15) Gino tomato paste, which is thought to be the most often used, was purchased from the Choba market. The Gino tomato paste purchased was thoroughly examined for its NAFDAC registration number, expiration dates, and tomato paste ingredient ingredients.

### **2.3 Study Design**

The study design used in the research was an experimental design that lasted approximately three months and was carried out in two phases, after the two-week acclimatization period seen in the research. The animals utilized in the investigation were male albino Wistar rats that were purchased, acclimatized in a serene setting, and fed throughout this research.

### ***Phase one***

This phase was classified as the acute phase of the study and it lasted for 21 days (3 weeks). The Wistar rats used in the study were fed with a 1:1 ratio and mixture of feed which was composed of 100% Gino tomato paste that was used in the treatment. Also, they were fed with clean water, while the control group of the experimental animals was only fed with 50g top feed for 21 days.

### ***Phase two***

This second phase of treatment was referred to as the study's recuperation phase, and it lasted the same 21 days as the first phase. The control and experimental groups were fed 50g of top feed twice daily for 21 days.

## **2.4 Sample Collection**

After both phases of the trial, samples were taken from the two groups, control and treatment, for hematological and biological analysis, as well as the sacrifice of rats. The Wistar rats were sedated with chloroform by placing them individually on a table, and organs were extracted by dissecting the rats for their liver contents utilizing liver extraction techniques. The removed liver organ was fixed in 10% formal saline, thus 2ml of blood samples were obtained and preserved in an anticoagulant bottle (EDTA bottle), after which histological tests were performed on them.

## **2.5 Hematological Analysis of the Organs**

The properly prepared and conserved blood sample from the used Wistar rats was taken and placed in a centrifuge and spun to separate the red blood cells from the white blood cells, platelets, and plasma as well. Following separation, the red blood cells were placed on a slide and covered with a coverslip, and a microscopic examination was performed at magnifications of x10 and x40, with an oil immersion microscope for a better view and exams.

## **2.6 Histological Analysis of the Organs**

The liver tissue was fixed with formalin, then dried in alcohol and embedded in paraffin. The slide was cut into five-micrometer slices, deparaffinized, and stained with hematoxylin and eosin. Before being photographed, the dyed slides were viewed using a light microscope and magnified 400 times. The resulting photomicrograph was then examined for changes to the histoarchitecture.

## **2.7 Liver biomarker**

The study examined the liver function on serum biomarkers such as alanine aminotransferase (ALT), aspartate aminotransferase (AST), alkaline phosphatase (ALP), glutamyl transpeptidase (GGT), total bilirubin (TBIL). Total Protein, Albumin, and conjugated bilirubin.

## **2.8 Statistical Analysis**

The data recorded from both the control group of animals and the ones that were treated with Gino tomato paste were entered into Micro Soft Excel 2013 to determine the Mean and standard error of the mean (SEM) as well. One Way Analysis of Variance (ANOVA) was carried out to determine the variation of the different parameters by using the International Business Machine

of Statistical Package for Social Sciences (IBM SPSS version 25) to carry out the analysis, and a statistical value of ( $P < 0.05$ ) was set to be statistically significant.

### 3.0 Results

Table 2 shows, that the Mean and Standard Error of Mean (SEM) for PCV are  $37.00 \pm 4.15$  and  $53.00 \pm 3.69\%$ , for the control and the groups respectively. The Hb levels are  $11.70 \pm 1.03$  and  $17.68 \pm 1.22\text{g/L}$ . The White Blood Cells (WBC) are  $9.44 \pm 1.32$  and  $7.16 \pm 0.50\text{g}$ . The Red Blood Cells (RBC) are  $4.30 \pm 0.19$  and  $5.98 \pm 0.42\text{g/L}$  in the control and groups respectively. The concentrations of the Platelets are  $224.80 \pm 20.52$  and  $273.60 \pm 50.05\text{g/L}$ . There are several variations in the concentrations and groups respectively at different times and within the control and group given to the rats. There was an increase in the mean and standard error of the mean (SEM) for the different parameters being examined. The highest mean was seen in the groups, and this had adverse effects on the liver of the rats. The results for PCV, Hb, and RBCs show significant effects at ( $P < 0.05$ ), while others do not show significant levels and they are known to create some degrees of damage to rats and as well to humans.

In Table 3, the Mean and Standard Error of Mean (SEM) for PCV range from  $53.40 \pm 2.46$ -  $59.60 \pm 3.23\%$ , for the control and the treatment respectively, the Hb levels range from  $17.00 \pm 0.56$ -  $17.46 \pm 0.83\text{g/L}$ , the White Blood Cells (WBC) in the study ranges from  $6.82 \pm 0.98$  -  $5.44 \pm 0.69\text{g/L}$  from the control to the treatment in the study. The Red Blood Cells (RBC) in the study are  $6.02 \pm 0.39$ -  $7.30 \pm 0.47\text{g/L}$  in the control and in the treatment respectively. The concentration of the Platelets ranges from ( $253.40 \pm 28.73$  to  $357.00 \pm 59.99\text{g/L}$ ). The result also shows no statistically significant difference for neutrophils, Lymphocytes, Monocytes, Eosinophils, and Basophils respectively.

The Liver function test of different groups in the study had a mean value of  $12.80 \pm 2.78 - 4.80 \pm 0.58$  U/l, for AST before treatment, and  $8.60 \pm 1.33 - 5.40 \pm 0.68$  U/L in the ALT U/L, also ALP U/L had  $46.20 \pm 3.57 - 11.60 \pm 1.08$  U/L, the result for Total protein (g/L) was  $62.40 \pm 6.52 - 68.60 \pm 8.41$  after they were treated to with tomato extracts. The result shows that a P-value of ( $P < 0.05$ ) of AST and Total bilirubin (mmol/L) was significant at different concentrations of treatments, while other parameters analyzed were not significant (Table 4, 5)

Figure 1 above, it was observed that an increase in the weights of the rats was observed as they were fed and treated with tomatoes and the feed allotted to them as well. The increase was seen in their mean weight and increased exponentially as the number of weeks of treatment increased, and they gained more weight as against the previous or initial weights of the rats recorded before treatment was given to them. The results of the study showed an increase in the weights of the rats after treatment was administrated to them from  $81.70 \pm 3.20 - 84.50 \pm 3.46$ g,  $102.00 \pm 3.45 - 114.90 \pm 3.84$ g, and  $103.30 \pm 5.19 - 107.70 \pm 5.47$ g respectively in the three weeks of sampling as shown in table 4 and figure 4. The results for week 1 and 3 was not significant as ( $p > 0.05$ ), but a significance level was seen in week 2 at ( $p < 0.05$ ).

Figure 2 it is observed that the mean ranges from  $173.20 \pm 7.45 - 183.20 \pm 6.69$ g,  $177.00 \pm 6.64 - 198.20 \pm 12.46$ g, and  $189.60 \pm 8.01 - 205.40 \pm 9.90$ g respectively in the three weeks of sampling and as seen in figure 3. The results for weeks 1, 2, and 3 were insignificant ( $p > 0.05$ ).

## **Discussion**

The phytochemical analysis of tomatoes in the study shows the presence and availability of some elements and constituents, in varying quantities which are Carbohydrates, Alkaloids, Reducing sugar, and Flavonoids as seen in Table 1, with them having anti-oxidative functions. This result

was similar to (D'Introno, *et al.* [17], and Dominic *et al.*, [18] who in their different studies, identified the same constituents. Tomatoes from the study are known to provide antioxidants (Lycopene) found in tomatoes, which act as free radicals, thus preventing the occurrence of harmful impacts, and are mostly active against prostate cancer which are all products of their phytochemical contents.

The results for the weight composition of the rats, showing both the mean and standard error of mean (SEM) in the study as indicated in Table 2 show an increase in the weight of the rats from the control and till the introduction of the Gino tomato paste for the duration of the research. The results show an exponential increase in the weights of the Wistar rats used in the study. This increase in weight is  $81.7 \pm 10.9$  to  $84.5 \pm 12.1$ g in the first week for control and experimented respectively to  $205.4 \pm 22.1$ g, at the end of 6 weeks as shown in Table 4, this findings were similar to the study of Buabeid *et al.*, [19], who recorded  $172 \pm 5.2$  g to  $183 \pm 3.7$  g, and the results in the study was not significant as ( $p > 0.05$ ), hence it is concluded that tomatoes paste has an impact on the weight gain of Wistar rats.

The Results for the Haematological parameters of Wistar rats treatment in the study show a higher value in the treatment of *Solanum lycopersicum L.* on Wistar rats as seen in PCV, Hb, and other biochemical parameters as well. The higher percentages of the hematological parameters and concentration in the study is an indication that tomato paste is highly effective in the treatment and regulation of blood-related issues, as seen in Table 3. The increasing number in the Mean and Standard Error of Mean (SEM) in the study also indicates the impacts of tomatoes on the hematology of Wister rats in the study, which was similar to Amaechi *et al.*, [20]. The study shows a significant difference at ( $p < 0.05$ ) for PCV, RBC, and Platelets respectively, while the

results for WBC, and Hb were not significant at ( $p>0.05$ ). The hemoglobin level in the study was relatively high in the research.

The study for the Liver function test as observed in the study shows the effects of different, Aspartate Aminotransferase (AST), on the rats' shows that it increased, and was higher in the control than it was in the Gino tomato paste feed provided to the rats for the 6 weeks of treatment and experiment. The result shows a significant difference at ( $p<0.001$ ), and the study agrees with the findings of Buabeid, et al. [21] who reported a lower reading of the different Liver function test which was at ( $p<0.05$ ).

The increase in aspartate aminotransferase (AST), alanine aminotransferase (ALT), and alkaline phosphatase (ALP), levels were significant ( $P<0.05$ ) in the different groups. The different liver tests carried out impact and show the different alterations that occurred during the Research.

Albumin is the most generous protein circulating in the plasma and is reported as the vital protein synthesized by the liver, in the study the albumin level recorded was similar to the research of Roche et al., [22], the lower level of the Albumin in the study was as a result of the induced toxicity level in the rats group, and was significant at ( $p<0.5$ ). The results and findings on the liver impacts and other histological functions as stated in the research indicate that Gino tomato paste has the potential to inflict several levels of injuries on the liver of the body as also reported in other studies carried out in the area of impacts of tomatoes on the functioning of the liver of rats. Liver biomarkers are investigated, as they are important in diagnosing clinical conditions in patients especially when such are having some changes in their human forms. Biomarkers for the livers in the study (AST, ALP, and ALT) from Table 5 in the study, AST, ALP, and Total Bilirubin were significant at ( $p<0.05$ ), while ALT, Total Protein, Albumin, and Conjugate bilirubin were not significant. And the biomarkers were significant in the first 21

days. However, following the recuperation study having withdrawn the tomato consumption in the Wistar rats, no particular significant levels were seen in the testing parameters.

## **5. Conclusion**

The findings of the study indicate that *Solanum lycopersicum L.* has an impact on several hematological, histological, and also phytochemical parameters which affected the rats fed with tomato pastes. The body weights of the rats show an impact on the Wistar rats at ( $p < 0.05$ ). The research also shows that several physiological and health issues could be managed with adequate intake of canned tomato paste, and to maintain normal blood levels and also for proper liver functions as well.

## References

1. Ali MY, Sina AA, Khandker SS, Neesa L, Tanvir EM, Kabir A, Khalil MI, Gan SH. Nutritional composition and bioactive compounds in tomatoes and their impact on human health and disease: A review. *Foods*. 2020 Dec 26;10(1):45.
2. Kumar A, Kumar V, Gull A, Nayik GA. Tomato (*Solanum Lycopersicon*). Antioxidants in vegetables and nuts-Properties and health benefits. 2020:191-207.
3. Collins EJ, Bowyer C, Tsouza A, Chopra M. Tomatoes: An extensive review of the associated health impacts of tomatoes and factors that can affect their cultivation. *Biology*. 2022 Feb 4;11(2):239.
4. Jaglan P, Buttar HS, Al-awarded OA, Chibisov S. Potential health benefits of selected fruits: Apples, blueberries, grapes, guavas, mangos, pomegranates, and tomatoes. In *Functional Foods and Nutraceuticals in Metabolic and Non-Communicable Diseases* 2022 Jan 1 (pp. 359-370). Academic Press.
5. Berding K, Vlckova K, Marx W, Schellekens H, Stanton C, Clarke G, Jacka F, Dinan TG, Cryan JF. Diet and the microbiota–gut–brain axis: sowing the seeds of good mental health. *Advances in Nutrition*. 2021 Jul 1;12(4):1239-85.
6. Rastogi R, Chaturvedi DK, Satya S, Arora N. Intelligent heart disease prediction on physical and mental parameters: an ML based IoT and big data application and analysis. *Machine learning with health care perspective: machine learning and healthcare*. 2020:199-236.
7. Parmar M, Rajput H, Johri S. *Solanum lycopersicum*, a Reservoir of Antioxidants. In *Antioxidant-based therapies for disease prevention and management* 2021 Dec 22 (pp. 253-268). Apple Academic Press.
8. García-Alonso FJ, García-Valverde V, Navarro-González I, Martín-Pozuelo G, González-Barrio R, Periago MJ. Tomato. In *Nutritional composition and antioxidant properties of fruits and vegetables* 2020 Jan 1 (pp. 255-271). Academic Press.
9. Wu X, Yu L, Pehrsson PR. Are processed tomato products as nutritious as fresh tomatoes? Scoping review on the effects of industrial processing on nutrients and bioactive compounds in tomatoes. *Advances in Nutrition*. 2022 Jan 1;13(1):138-51.

10. Wang C, Li M, Duan X, Abu-Izneid T, Rauf A, Khan Z, Mitra S, Emran TB, Aljohani AS, Alhumaydhi FA, Thiruvengadam M. Phytochemical and nutritional profiling of tomatoes; impact of processing on bioavailability-a comprehensive review. *Food reviews international*. 2023 Sep 8;39(8):5986-6010.
11. Mieszczakowska-Frać M, Celejewska K, Płocharski W. Impact of innovative technologies on the content of vitamin C and its bioavailability from processed fruit and vegetable products. *Antioxidants*. 2021 Jan 5;10(1):54.
12. Sadler CR, Grassby T, Hart K, Raats M, Sokolović M, Timotijevic L. Processed food classification: Conceptualisation and challenges. *Trends in Food Science & Technology*. 2021 Jun 1;112:149-62.
13. Sá AG, Moreno YM, Carciofi BA. Food processing for the improvement of plant proteins digestibility. *Critical reviews in food science and nutrition*. 2020 Nov 12;60(20):3367-86.
14. Cheema HS, Singh MP. The use of medicinal plants in digestive system related disorders—a systematic review. *J. Ayurvedic Herb. Med.* 2021;7(3):182-7.
15. Shi J, Maguer ML. Lycopene in tomatoes: chemical and physical properties affected by food processing. *Critical reviews in food science and nutrition*. 2000 Jan 1;40(1):1-42.
16. Arballo J, Amengual J, Erdman Jr JW. Lycopene: A critical review of digestion, absorption, metabolism, and excretion. *Antioxidants*. 2021 Feb 25;10(3):342.
17. D'Introno A, Paradiso A, Scoditti E, D'Amico L, De Paolis A, Carluccio MA, Nicoletti I, DeGara L, Santino A, Giovinazzo G. Antioxidant and anti-inflammatory properties of tomato fruits synthesizing different amounts of stilbenes. *Plant biotechnology journal*. 2009 Jun;7(5):422-9.
18. Dominic S, Hussain AI, Saleem MH, Alshaya H, Jan BL, Ali S, Wang X. Variation in the primary and secondary metabolites, antioxidant and antibacterial potentials of tomatoes, grown in soil blended with different concentration of fly ash. *Plants*. 2022 Feb 19;11(4):551.
19. Buabeid M, Gacem SA, Fujihashi A, Trish A, Nadar RM, Govindarajulu M, Dhanasekaran M. Neuroprotective Effects of *Portulaca oleracea* and *Portulaca quadrifida* Linn. *Medicinal Herbs and Fungi: Neurotoxicity vs. Neuroprotection*. 2021:495-510.

20. Amaechi D, Ekpe IP, Edet ED, Madu MC. Hepatoprotective and hematological effects of *Solanum melongena* (garden egg), *Solanum lycopersicum* (tomato) and *Daucus carota* Subsp. *Sativus* (carrot) extracts against Lead induced toxicity in Wistar rats. *Asian Journal of Biochemistry, Genetics and Molecular Biology*. 2021;7(2):10-8.
21. Buabeid MA, Arafa ES, Rani T, Ahmad FU, Ahmed H, Hassan W, Murtaza G. Effects of *Solanum lycopersicum* L.(tomato) against isoniazid and rifampicin induced hepatotoxicity in wistar albino rats. *Brazilian Journal of Biology*. 2022 Feb 7;84:e254552.\
22. Roche M, Rondeau P, Singh NR, Tarnus E, Bourdon E. The antioxidant properties of serum albumin. *FEBS letters*. 2008 Jun 11;582(13):1783-7.

**Table 1. Phytochemical Constituents of tomatoes in the study**

S/N	Constituents	Indication	Test carried out
1	Carbohydrates	+	Molish
2	Tannins	-	Ferric chloride test
3	Proteins	-	Protein electrophoresis
4	Alkaloids	+++	Mayer
5	Flavonoids	++	Pew's test
6	Oils	-	Sudan III
7	Terpenoids	-	Salkowski test
8	Glycosides	-	Kedde test
9	Saponins	-	Foam
10	Reducing Sugar	+++	Benedict
11	Resins	+	HCL TEST
12	Steroids	-	GC-MS
13	Acidic Compounds	-	Litmus paper test

**NB:** (-) Absent, (+) Present in Little amount, (++) Present in moderate amount, while (+++) is heavily present.

**Table 2: Hematological profile in both groups for the first phase of 21 days**

<b>GROUPS</b>					
<b>PARAMETER</b>	Control	Tomato	<b>t</b>	<b>P-value</b>	<b>Inference</b>
	Mean± SEM	Mean± SEM			
PCV (%)	37.00±4.15	53.00±3.69	-2.88	0.02	Significant *
Hb (g/dl)	11.70±1.03	17.68±1.22	-3.74	0.01	Significant *
WBC g/L	9.44±1.32	7.16±0.50	1.61	0.15	Not significant
RBC g/L	4.30±0.19	5.98±0.42	-3.62	0.01	Significant *
Platelets g/L	224.80±20.52	273.60±50.05	-1.13	0.29	Not significant
Neutrophil (%)	26.20±2.65	38.60±5.19	-2.13	0.07	Not significant
Lymphocytes (%)	60.80±3.67	53.80±4.74	1.17	0.28	Not significant
Monocytes (%)	9.80±1.39	5.60±1.63	1.96	0.09	Not significant
Eosinophil (%)	2.80±1.16	1.00±0.63	1.37	0.21	Not significant
Basophil (%)	0.00±0.00	0.00±0.00	-	-	-

Values are presented as Mean±SE. P: statistical level of significance was determined using Independent sample T-test. P<0.05 means there is significance between mean values. SE=Standard Error; n=sample size.

**Table 3: Hematological profile in both groups for the second phase of the 21 days**

PARAMETER	GROUPS		T	P value	Inference
	Control Mean± SEM	Tomato Mean± SEM			
PCV (%)	53.40±2.46	59.60±3.23	-1.53	0.17	Not significant
Hb (g/dl)	17.00±0.56	17.46±0.83	-0.46	0.66	Not significant
WBC*10 <sup>9</sup> /L	6.82±0.98	5.44±0.69	1.15	0.28	Not significant
RBC*10 <sup>12</sup> /L	6.02±0.39	7.30±0.47	-2.11	0.07	Not significant
Platelets*10 <sup>9</sup> /l	253.40±28.73	357.00±59.99	-1.56	0.16	Not significant
Neutr (%)	30.20±4.61	26.60±1.86	0.72	0.49	Not significant
LMP%	61.00±6.84	66.20±2.56	-0.71	0.50	Not significant
Mono %	3.40±0.68	4.60±1.21	-0.87	0.41	Not significant
Eosuphy %	1.20±0.20	2.60±1.25	-1.11	0.30	Not significant
Basophil %	0.00±0.00	0.00±0.00	-	-	-

Values are presented as Mean±SE. P: statistical level of significance was determined using Independent sample T-test. P<0.05 means there is significance between mean values. SE=Standard Error; N=sample size.

**Table 4: Liver function test for both groups for the first phase of 21 days**

PARAMETER	GROUPS		t	P- value	Inference
	Control Mean± SEM	Tomato Mean± SEM			
AST (U/L)	12.80±2.78	4.80±0.58	5.84	0.00	Significant *
ALT (U/L)	8.60±1.33	5.40±0.68	2.15	0.06	Not significant
ALP (U/L)	46.20±3.57	11.60±1.08	9.28	0.00	Significant *
Total protein (g/L)	62.40±6.52	68.60±8.41	-0.58	0.58	Not significant
Albumin (U/L)	38.40±1.29	46.20±3.73	-1.98	0.08	Not significant
Total bilirubin (mmol/L)	17.80±1.59	9.60±1.03	4.32	0.00	Significant *
Conjugate bilirubin (mmol/L)	9.80±1.20	7.00±0.84	1.91	0.09	Not significant

Values are presented as Mean±SE. P: statistical level of significance was determined using Independent sample T-test. P<0.05 means there is significance between mean values. SE=Standard Error; n=sample size.

**Table 5. Liver function test for the second phase of 21 days**

PARAMETER	GROUPS		t	P value	Inference
	Control Mean± SEM	Tomato Mean± SEM			
AST (U/L)	10.20±1.32	15.40±2.42	-1.89	0.10	Not significant

ALT (U/L)	7.40±1.40	4.40±0.51	2.01	0.08	Not significant
ALP (U/L)	43.00±8.47	61.20±9.89	-1.40	0.20	Not significant
Total protein (g/L)	62.00±5.17	72.60±4.86	-1.49	0.17	Not significant
Albumin (U/L)	43.40±0.68	41.46±0.93	1.57	0.16	Not significant
Total bilirubin (mmol/L)	6.00±0.95	6.80±0.58	-0.72	0.49	Not significant
Conjugate bilirubin (mmol/L)	3.00±0.89	3.20±0.74	-0.17	0.87	Not significant

Values are presented as Mean±SE. P: statistical level of significance was determined using Independent sample T-test. P<0.05 means there is significance between mean values. SE=Standard Error; n=sample size.

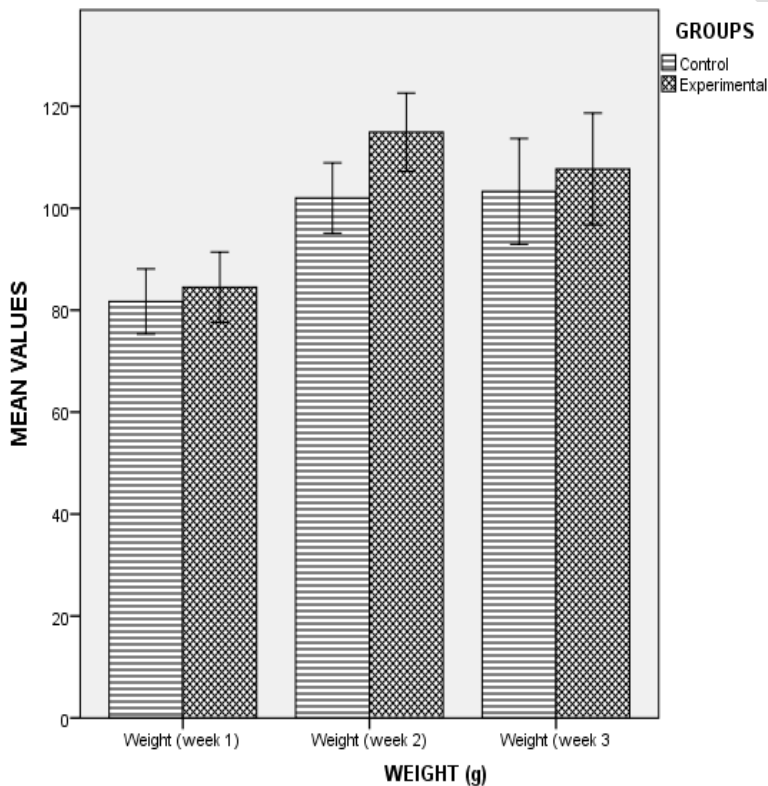


Figure 1. Weights measurements in both groups for the phase 1

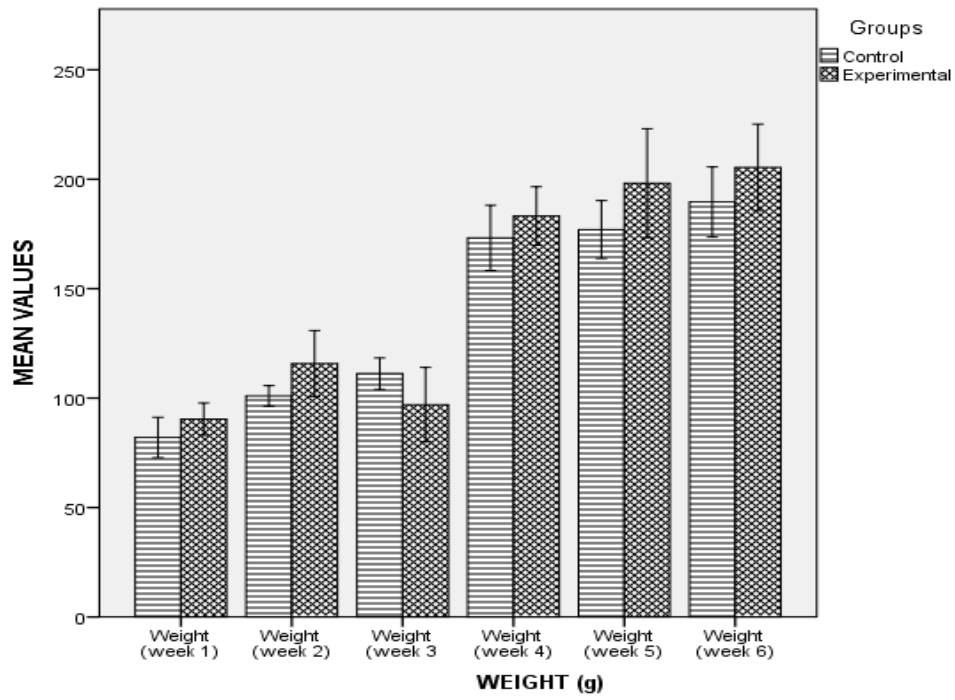


Figure 2. Weights measurements in both groups for the phase 2

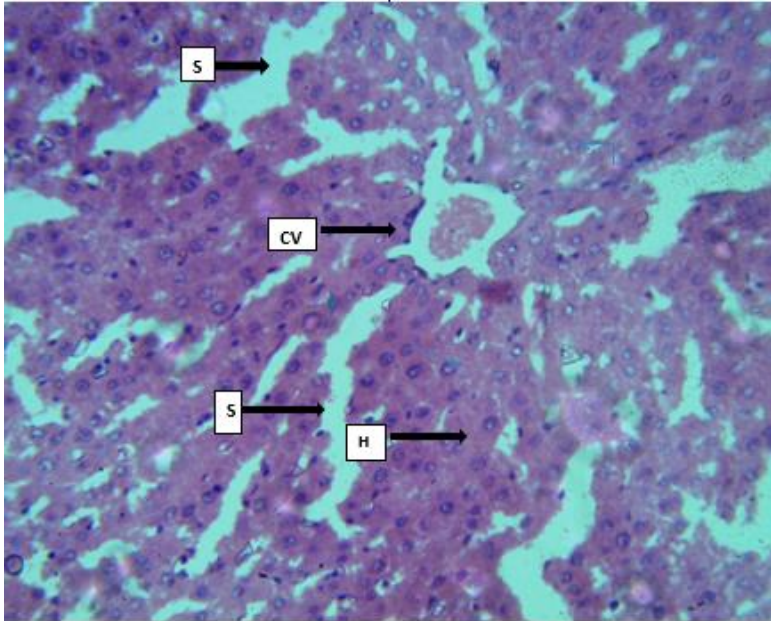


Figure 3: Photomicrograph of first phase control group of rat liver using h&e @ x400 magnification fed with standard fed for 21 days. Photomicrograph displays Normal Hepatocytes (h) with normal radial arrangements, sinusoids(s) & centrilobular vein (cv).

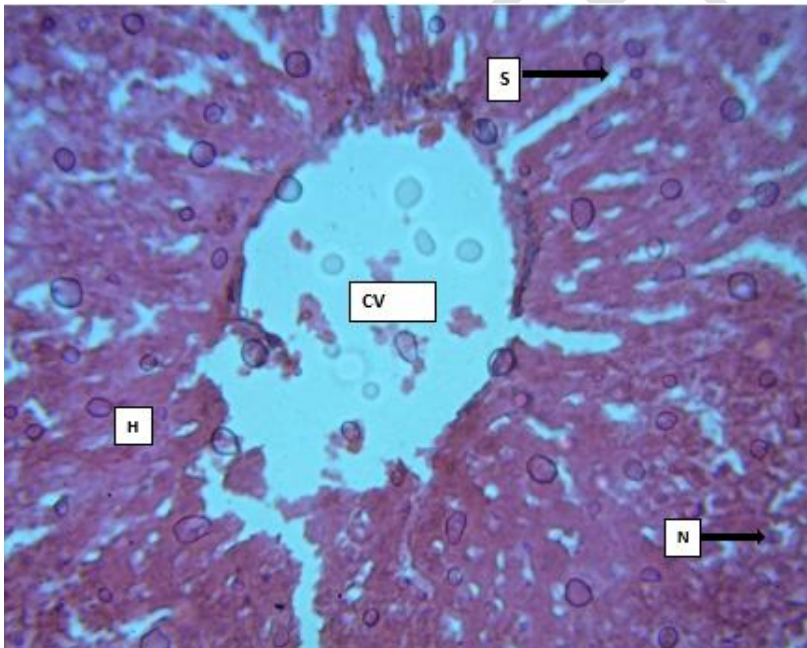


Figure 4: Photomicrograph of first phase experimental group of rat liver using H&E @ x400 magnification fed with canned tomato paste for 21 days. Photomicrograph displays normal hepatocytes (h) with normal radial arrangements, Sinusoids(s), Single nucleus (n) & centrilobular vein (CV).

UNDER PEER REVIEW