

# 7 Pomegranate Benefits Towards Your Prostate Health

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Pomegranates are among the healthiest fruits on earth. They contain a range of beneficial plant compounds, unrivaled by other foods. Many studies have shown that they have **incredible** benefits for your body and may lower the risk of all sorts of diseases. Here are 7 evidence-based Pomegranate benefits.

## Top 7 Pomegranate Benefits

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Who would have thought that something so delicious—and sometimes frustrating to peel—can be so beneficial for your overall health and specifically, your prostate health? Did you know that pomegranate is also one of the key ingredients in ProstaGenix prostate supplement pills? Head on over there and check out the [ProstaGenix natural ingredients](#). Meanwhile, let's check out all the 7 benefits of this beautiful fruit.

### 1. Pomegranates Are Loaded With Important Nutrients

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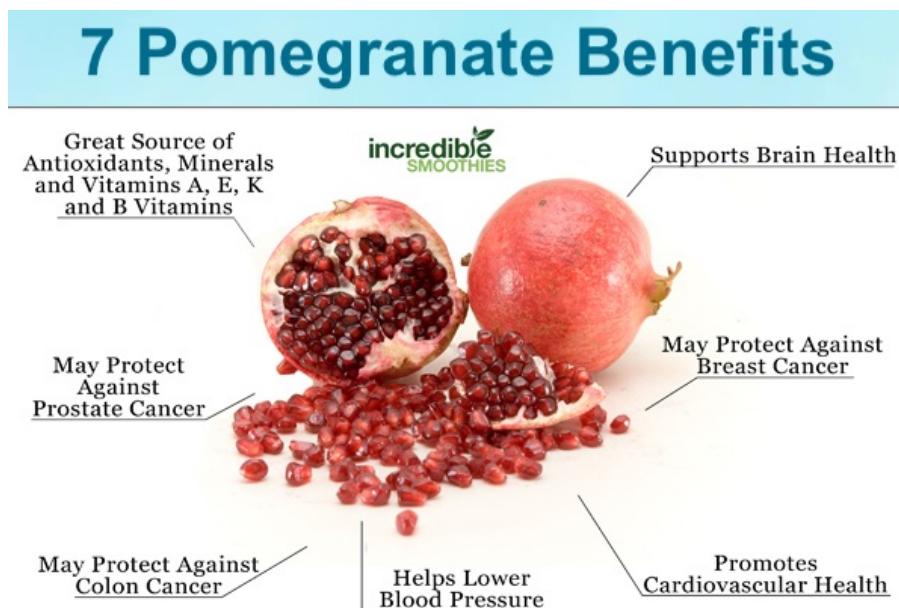
The pomegranate, or *Punica granatum*, is a shrub that produces a red fruit. Categorized as a berry, the pomegranate fruit is about 5-12 cm (2-5 inches) in diameter. It is round and looks kind of like an apple with a flower-shaped stem. The skin of the pomegranate is thick and inedible, but there are hundreds of edible seeds called arils within. The arils are what people eat, either raw or processed into pomegranate juice.

Pomegranates have an impressive nutrient profile: One cup of arils (174 grams) contains:

- **Fiber:** 7 grams.
- **Protein:** 3 grams.
- **Vitamin C:** 30% of the RDA.
- **Vitamin K:** 36% of the RDA.
- **Folate:** 16% of the RDA.
- **Potassium:** 12% of the RDA.

The pomegranate arils (seeds) are also very sweet, with one cup containing 24 grams of sugar, and 144 calories. However, where pomegranates *really* shine is in their content of **powerful** plant compounds, some of which have potent medicinal properties.

## 2. Pomegranates Contain Two Plant Compounds With Powerful Medicinal Properties



There are two unique substances in pomegranates that are responsible for most of their health benefits.

### + Punicalagins

Punicalagins are extremely potent antioxidants found in the juice and peel of a pomegranate. They are so vital that pomegranate juice has been found to have three times the antioxidant activity of red wine and green tea. Pomegranate extract and powder is typically made from the peel, due to its high antioxidant and punicalagin content.

### + Punicic Acid

Punicic acid, also known as pomegranate seed oil, is the main fatty acid in the arils. It is a type of conjugated linoleic acid with strong biological effects.

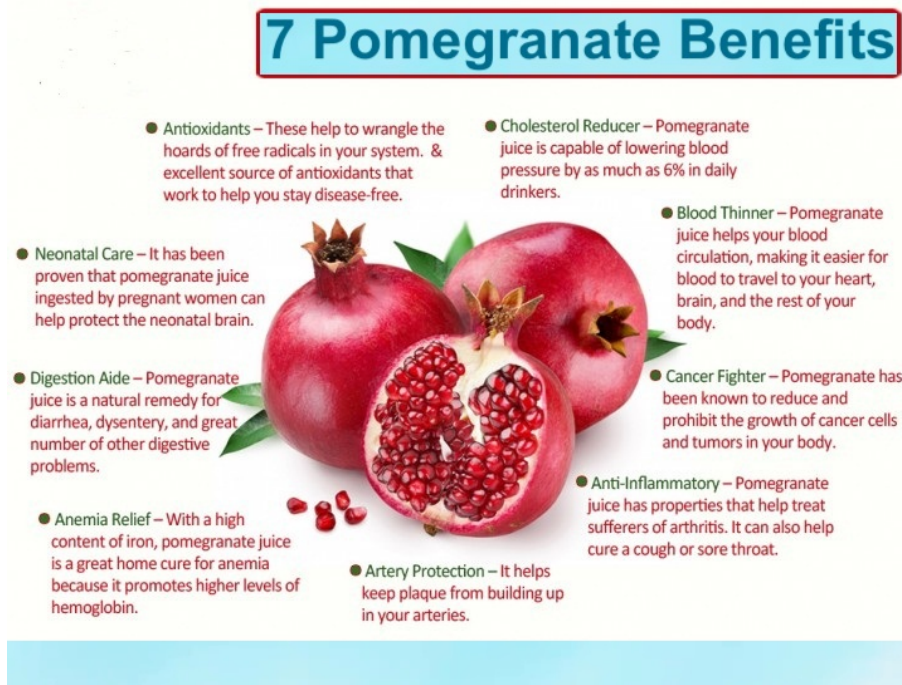
[You Might Like ProstaGenix Natural Ingredients For Men's Prostate Problems](#)

## 3 Pomegranate Has Impressive Anti-Inflammatory Effects

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Chronic inflammation is among the leading drivers of many killer diseases. Pomegranate has potent anti-inflammatory properties, which are largely mediated by the antioxidant properties of the punicalagins. Test tube studies have shown that it can reduce inflammatory activity in the digestive tract. One study in diabetics found that 250 ml of pomegranate juice per day for 12 weeks lowered the inflammatory markers CRP and interleukin-6 by 32% and 30%, respectively.

## 4. Pomegranate May Help Fight Prostate Problems



Prostate problems can lead to the most common problems in older men. Men whose PSA levels double in a short period of time are at increased risk of death from the more severe prostate problems.

Interestingly, a human study found that 237 ml (8 oz) of pomegranate juice per day slowed the PSA doubling time from 15 months **to 54 months**, which is huge. A follow-up study found similar improvements using a type of pomegranate extract called POMx.

## 5. Pomegranate May Also be Useful Against Breast Problems

Pomegranate extract has been shown to inhibit reproduction of dangerous breast cells, and may even kill some of them. However, this is currently limited to laboratory studies. More research is needed.

## 6. Pomegranate May Lower Blood Pressure

High blood pressure (hypertension) is one of the leading drivers of heart attacks and strokes. In one study, people with high blood pressure had a significant reduction after consuming 150 ml (5 oz) of pomegranate juice daily for 2 weeks. Other studies have found similar effects,

especially for systolic blood pressure (the higher number in a blood pressure reading).

## 7. Pomegranate May Improve Exercise Performance

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Pomegranate is rich in dietary nitrates, which have been shown to improve exercise performance. In a study of 19 athletes running on a treadmill, 1 gram of pomegranate extract 30 minutes before exercise significantly enhanced blood flow. This led to a delay in the onset of fatigue and an increase in exercise efficiency. More studies are needed, but it seems like pomegranate may be beneficial for physical performance, similar to beetroot juice.

*\*Our friendly customer service team is available to provide more information about our ProstaGenix Prostate Pills.*

Summary

Reviewer

Billy S.

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Reviewed Item

ProstaGenix

Author Rating

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