

Pomegranate

Botanical name: Punica granatum



The pomegranate is a neat, rounded shrub or small tree that can grow to 20 or 30 ft., but more typically to 12 to 16 ft. in height. Pomegranates are typically long-lived. Some specimens in Europe are known to be over 200 years of age. Pomegranate produces a nearly round fruit 2-1/2 to 5 inches wide. The tough, leathery skin is typically yellow overlaid with light or deep pink or rich red. The interior is separated by membranous walls and spongy white tissue into compartments packed with sacs filled with sweetly juicy, red or whitish pulp. Each sac contains one angular seed. Pomegranate has received a great deal of attention recently as an antioxidant superfood for its **benefits to the cardiovascular system**.

History

The pomegranate tree is native from Iran to the Himalayas of northern India and has been cultivated since ancient times throughout the Mediterranean region of Asia, Europe and Africa. The name **Punica granatum** means "seeded apple." The fruit appeared in Egyptian mythology and art. It is praised in the Old Testament of the Bible and in the Koran, and was carried by desert caravans for its **flavorful** and **refreshing** juice. It travelled to central and southern India from Iran about the first century A.D. and was reported growing in Indonesia in the early 1400's. The most important growing regions are Egypt, China, Afghanistan, Pakistan, Bangladesh, Iran, Iraq, India, Burma, Saudi Arabia and California. Pomegranate juice is used as a folk remedy to **treat diarrhea**.

Main compounds and recognized properties

Pomegranate has recently been acclaimed for its health benefits, in particular, for its disease-fighting **antioxidant potential**. The fruit contains hundreds of known compounds, including some especially potent antioxidant **phenols**.

The fruit also contains **phytosterols**, **ellagic acid** and **chlorogenic acid**, starch, sugars. Cell studies show that antioxidant compounds called **ellagitanins** in pomegranate are beneficial for human cells.

References

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Pomegranate Fruit

Punica granatum
5% Ellagic Acid
Item #: 140900

Pomegranate Fruit

Punica granatum
40% Ellagic Acid
Item #: 140904

Pomegranate Fruit

Punica granatum
Strength: 12:1
Item #: 161718