

Pomexcellent™

Pomegranate fruit extract

Therapeutic Actions

1. Treats multiple aspects of cardiovascular disease including atherosclerosis, improved blood flow, LDL oxidation, and high blood pressure
2. High antioxidant activity (ORAC value=3186)
3. Laboratory research suggests pomegranate may be effective for cancer prevention, diabetes, neurological health, osteoarthritis, women's health, and has anti-infective properties and blood pressure lowering effects
4. Prostate health
5. Pomexcellent is an extract designed to have the same levels of punicosides, polyphenols, and ellagic acid as pomegranate juice

Chinese Therapeutic Effects

Cooling, treats cough, throat inflammation
Parasitic infections

Administration

1 to 2 tablets per day between meals; one tablet per day (200mg) is equivalent to 8 to 8.5 oz of juice used in human studies. Some trials suggest that the equivalent of 2 tablets per week may be taken as a preventive dosage.

60 tablets, 200mg, 60 day supply

Ingredients

Pomegranate fruit extract standardized to 40% punicosides

Formula Rationale

Pomegranate (*Punica granatum*) originated in North Africa and the Middle East and is now found throughout the world. In the eighteenth century, it was brought to California by the Spanish. Pomegranate juice is a rich source of polyphenols, tannins, and anthocyanins (OPC). It has antioxidant and antiatherosclerotic properties. Animal studies have shown that polyphenolic antioxidants inhibit the oxidation of LDL cholesterol, and reduce atherosclerosis, the accumulation of plaque on arterial walls, which can increase the risk of cardiovascular problems such as heart attack and stroke. It has been suggested that pomegranates combat atherosclerosis by stimulating the enzyme activity of paraoxonase (PON) and HDL-associated protein. Pomegranate increases PON activity in patients with high cholesterol and diabetes.

In a study of forty-five patients between the ages of fifty-nine to seventy-nine with stable coronary heart disease (CHD), subjects were confirmed to have stress induced ischemia evidenced by at least one myocardial perfusion. The patients were assigned to randomly receive 8 oz (240ml) of pomegranate juice, or a sports beverage similar to pomegranate juice.

Episodes of angina decreased by 50 percent in the pomegranate group, but increased by 38 percent in the placebo group. Although there were no significant changes in blood pressure, pomegranate group; a worsening of 18 percent was seen in the placebo group (a 35 percent difference between the 2 groups). Principle investigator Dean Ornish, MD, stated, although the sample in this study was relatively small, the strength of the design and the significant improvements in blood flow to the heart that were observed after only three months suggest that pomegranate juice may have important clinical benefits in those with coronary heart disease.

Additional studies have focused on preventing and treating atherosclerosis, diabetes, neurological health, osteoarthritis, antibacterial effects, chronic obstructive pulmonary disease (COPD), and as a possible cancer prevention herb. Pomegranate has been traditionally used to treat infections, diarrhea, and to reduce fever.

Health Concerns' Pomexcellent™ is assayed to contain 40 percent punicosides, the same as fresh pomegranate juice. The advantage of Pomexcellent is that it is standardized to water soluble punicosides and not ellagic acid. Pomexcellent pomegranate extract provides its antioxidant benefits via an array of polyphenols present in the fruit's seeds, husk, and juice, and is particularly rich in punicalagins. Pomexcellent has a superior punicalagin profile as well as a higher phenolic content than typical juices or ready-made products, without the sugar, carbohydrates, calories or allergens. With an ORAC (Oxygen Radical Absorbance Capacity) value of over 3000, Pomexcellent is one of nature's premier antioxidants.