

# POMEGRANATE THE ELIXIR OF YOUTH

Pomegranate comes from the Middle French **po**me **garnete**, literally seeded apple.

## Reduces Cellular Damage

Pomegranate extract showed a significant decrease in a specific, important marker linked to cell damage. The marker, known as 8-Oxo-DG, can have detrimental effects such as:

- Lessened brain function
- Weakening of muscles
- Impaired kidney function
- Decrease in liver productivity
- Aging of the skin

## Prostate Cancer Prevention

Pomegranate's **ellagitannin antioxidant compounds** may inhibit prostate cancer and pomegranate juice acts as a natural chemoprevention treatment.

A \$4 million study has found a daily dose of pomegranate juice could slow the aging (oxidation) process of DNA.

## Super Antioxidant

High in vitamins A, C and E as well as iron, it may reduce middle-age spread and improve your sex drive.

