POMEGRANATE THE ELIXIR OF YOUTH

Pomegranate comes from the Middle French *pomme garnette*, 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.

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