

**Peter**

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**From:** ProHealth.com <wellness@prohealth.com>  
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**To:** peter1084@att.net  
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## **The Super Antioxidant for Brain, Joint and Heart Health**

By Peter Rufa\*

What do joint pain, memory loss and cardiovascular disease have in common?

Each condition occurs due to breakdowns in cell function.

To keep cells working right and avoid these problems, our bodies use antioxidants. These natural compounds neutralize natural byproducts, aka free radicals, of cellular metabolism that would otherwise disrupt a cell. They also help remove foreign toxins like heavy metals, environmental pollutants, and those introduced by food processing.

Some antioxidants, like glutathione, the body makes on its own. Many others come from our diet in the form of compounds common to fruits and vegetables. While diet may

have provided all the extra antioxidants we needed in the past, increases in heart disease, dementia, and other chronic health conditions over the last fifty years indicate it's no longer enough. To protect our health, we need more antioxidants.

The pomegranate may hold the answer. Why? Well, it contains a high concentration of a specific compound, or polyphenol, not found in any other fruit, vegetable or plant: punicalagins. These pomegranate-specific antioxidants are usually quickly hydrolyzed (broken down); however, Verdure Sciences® has a patented extraction method that captures the full antioxidant profile as found naturally in pomegranates. The result: Pomella® Extract. This unique process, paired with the potential behind punicalagins themselves, maximizes the effects of this unique polyphenol in the human body to keep cells healthy, especially in the brain, heart, and joints.

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## **Antioxidants Deliver Benefits All Over the Body**

Today, researchers around the world have tested Pomella® Extract and the antioxidants it can provide on a wide range of health conditions. Urolithins (Pomella's gut-derived metabolites) have recently captured the attention of researchers for their incredible potential to protect brain cells responsible for memory.

A study by the University of Rhode Island found urolithins can pass through the blood-brain barrier. In the brain, they work to keep brain cells active and safe. The research suggests they may even help those already showing signs of damage. These results support previous studies that identified the pomegranate as good for brain health.

Other studies have reported:

- A team from India in 2016 looked at how Pomella® Extract might help those suffering from heart disease. They divided 100 heart attack patients into two groups. Fifty took 300 mg of the extract twice daily for a month, while the remaining patients took an equal placebo. At the end of the month, those who took the extract had lower levels of heart disease indicators homocysteine, Hs-CRP, and OX-LDL, while simultaneously increasing HDL (good) cholesterol substantially.
- Researchers in the Indian study above also observed 40 of the patients with diabetes in conjunction to heart health ailments. Blood glucose levels and HbA1c levels for the patients who took the Pomella® Extract fell significantly over the course of the study.
- University of Scranton researchers noted the extract prevented blood lipid oxidation five times better than vitamin E.
- Nitric oxide levels, a key component in artery and vein health, improved in trial participants who took Pomella®.
- Dental patients who used Pomella® Extract experienced less periodontal inflammation and better levels of naturally-occurring oral bacteria, and reduced plaque forming proteins.

In addition to studies on the effectiveness of Pomella®, researchers have also tested the effect of pomegranate juice on different conditions. These results offer hope for a variety of conditions. Studies on pomegranate juice report that it supports digestion , encourages healthy skin , and for joints, in addition to lowering inflammation, it may promote the longevity of cartilage, the breakdown of which often contributes to joint pain.



### **The Powerful "Polyphenol Bombs" in Every Pomegranate**

Punicalagins can be found only in pomegranates. While these compounds themselves are not antioxidants, the human body metabolizes them into two powerful and active antioxidants. This led one researcher to call punicalagins "polyphenol bombs."

These "bombs" yield two antioxidants: ellagic acid and urolithins. Ellagic acid can be found naturally. It can be found in small quantities in pomegranates and a few other fruits, in addition to its presence as a product of punicalagin metabolism in the human body. Urolithins come from punicalagin metabolism by probiotic bacteria in the intestines. Without punicalagins, urolithins simply don't occur.

Unfortunately, the human body quickly hydrolyzes punicalagins and they don't survive digestion well. This means little gets absorbed when you eat a pomegranate fruit or

taken a pomegranate supplement. This then limits the amount of ellagic acid and urolithins available.

This is a common problem for many antioxidants and nutrients. When you eat a fruit or vegetable, the vitamins, minerals, and antioxidants complement each other to survive digestion and support absorption. All the nutrients are needed to ensure the best results.

This is exactly what the "polyphenol bombs" in pomegranates do. Researchers at UCLA reported, "It is noteworthy that among the polyphenols present in pomegranate juice (PJ), punicalagin is the most potent antioxidant ingredient" and "our finding that PJ is more potent than its separated and individual polyphenols."

Perhaps ironically, in pomegranates, the most potent antioxidant "ingredient" isn't even an antioxidant. Instead, it produces two potent antioxidants making pomegranates one of the most beneficial fruits in the world.

Now, while the sweet taste of pomegranate seeds or juice offers an enjoyable and delicious way to get some of these valuable antioxidants, one can only eat or drink so much. And then, there's always the fiber to consider.

For the maximum benefit from pomegranates, the human body needs high potency "polyphenol bombs" since isolated supplements of ellagic acid don't digest or absorb well. The extraction process used to capture them and create supplements has often disrupted the ratio of natural elements. This in turn has limited their ability to deliver the highest doses. Fortunately, this has changed.



## **A Supplement Breakthrough To Get the Most "Polyphenol Bombs"**

Pomella® Extract by Verdure Sciences® has developed a patented extraction (US Patents 7638640, 7897791, 7919636, and EP Patent 1734949) method to provide the pomegranate's natural nutrient profile in supplement form. The extract provides the same natural ratio of as those found in pomegranate. This extract then makes the pomegranate's potent "polyphenol bombs", or punicalagins, available in a simple, easy-to-take supplement.

Of course, this begs the question: does the supplement work as well?

University of Florida researchers tested just that question. They gave an 800 mg dose of Pomella® to human volunteers. The antioxidant capacity of those who took the supplement increased by 32% while indicators of free radicals decreased.

### **How to Get the Most from Pomegranate Extract**

The best pomegranate extract will contain a ratio of punicalagins, or "polyphenol bombs", and other naturally-occurring nutrients like that of pomegranate juice. As of today, Pomella® extract is the only pomegranate extract that contains the exact nutrient profile needed to deliver the health benefits linked to pomegranates.

### **Who Will See the Greatest Benefits**

In the modern world, constant exposure to pollutants, heavy metals and other toxins introduced by food processing and environmental factors requires we find new ways to supply our bodies with robust antioxidants to keep cells working right. Adults of any age can benefit from the "polyphenol bombs" delivered by Pomella® extract.

Individuals who suffer from chronic conditions may also benefit from large doses of antioxidants as the research suggests. It does deserve noting that supplements of any kind should be taken as part of a holistic approach for the best results.

### **Precautions:**

None of the clinical trials to date report any adverse side effects as a result of taking Pomella® Extract.

**Contraindications:**

Pregnant or breast-feeding women should consult with their doctor prior to taking any supplement. It is always recommended to speak with a physician or healthcare provider prior to starting any new diet, exercise or supplement.

**Summary:**

Pomegranates and pomegranate juice contain a unique and potent plant compound, or polyphenol, called punicalagin. One researcher referred to these as "polyphenol bombs" for their antioxidant quality. Scientists at Verdure Sciences® have created an extract that captures the same nutrient profile as exists in the fruit and juice, a key discovery since these antioxidants depend on the natural ratio of nutrients to survive digestion and maximize absorption to deliver the powerful antioxidant effects observed by researchers.

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For more information about Pomella® Pomegranate Extract, visit [ProHealth.com](http://ProHealth.com) or call us at (800) 366-6056.

\* Copywriter and researcher Peter Rufa writes for a wide range of clients but specializes in health. He has written for doctors, supplement providers, healthcare, medical, and fitness organizations and businesses throughout the United States.

For references see original article at [ProHealth.com](http://ProHealth.com).

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