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Product Information – Fall 2005

## **Pomegranate Seed Oil**

*Punica granatum*

### **NatureFRESH-Cold Press™**

Pomegranate Seed Oil is a very unique all natural plant oil. It is one of only a few plant sources for conjugated linoleic acid (CLA). Conjugated linoleic acids are fatty acids with alternating double bonds. CLA is important because they inhibit the synthesis of prostaglandins from arachidonic acid making them effective anti inflammatory agents. CLA in pomegranate seed oil is further unique because it contains three sets of alternating double bonds. Other sources of CLA more often contain only two sets of double bonds. Research has shown the CLA with three sets of double bonds possess more potent anti cancer activity than the double bond versions.

Additionally, pomegranate seed oil is a rich source of bioactive estrogenic steroids. The estrogenic compounds are primarily the estrogen receptor beta type rather than the less desirable alpha type. The beta type predominate in cytoplasm of cells. They are considered to stabilize bone integrity, prevent cardiovascular disease and insure memory and prevent senility.

### **Fatty Acid Composition**

Palmitic Acid	3.1%
Stearic Acid	2.5%
Oleic Acid	7.4%
Linoleic Acid	6.7%
18:3 conjugated trienes	64.9%

Manufactured without the use of chemical or synthetic solvents using our proprietary **NatureFRESH-Cold Press™** technology to retain valuable nutrients including multiple antioxidants.