

Title Pomegranate: its antioxidant activity and its effect on health
Author H. Yıldız, E. Obuz and G. Bayraktaroglu
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Abstract

Recently, in the world and in our country, there is a breakaway from synthetic food additives and there is a growing tendency for the use of natural food additives. Antioxidants, by far, are the most important food additives in the food industry. Since antioxidants are almost used in all processed food products, preference for natural food additives over synthetic food additives has gained great importance. Pomegranate and pomegranate juice have important antioxidant effects and can possibly be used as natural antioxidants in food products. Moreover, epidemiologic studies showed that fruits such as pomegranate may decrease the risk of cardiovascular disease and cancer due to their high phenolic content. Pomegranate and pomegranate juice may also be a solution to bacterial and fungal infection and food poisoning. Studies done recently even showed that microbisid obtained from pomegranate juice is effective against the HIV virus, the cause of AIDS. Pomegranate is a widely grown fruit. Its benefit to health and the fact that it contains effective substances show the need for scientific studies on pomegranate. Opportunities to benefit from pomegranate throughout the year by processing it into different products must be investigated because pomegranate is only available in certain months. In this review, the antioxidant effect of pomegranate and its possible beneficial effects on health will be reviewed.