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Original Report

Antioxidant Capacity of Plasma after Pomegranate Intake in Human Volunteers

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Abstract:

Dietary antioxidants including phenolic compounds are believed to be effective nutrients in the prevention of oxidative stress related disease. Pomegranate has been used for centuries in ancient cultures for its medicinal purpose and is widely acknowledged for antioxidant properties. The present study was designed to assess the effect of pomegranate fresh fruit consumption on the plasma antioxidant capacity. Thirty healthy volunteers were recruited for the study. Volunteers were randomly divided into three groups (pomegranate, vitamin E and water consumption). Blood samples were collected, after at least 12 hours overnight fast, the day before beginning supplementation period and the day after supplementation had finished. Total antioxidant capacity measurement by FRAP method and clinical laboratory test were performed for all volunteers in two selected times. The obtained data revealed that consumption of 100 grams pomegranate and vitamin E per day for ten days resulted in a significant rise (14.05%, 8.28%) plasma antioxidant capacity respectively, but this difference was not significant for water group.

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