

Pomegranate Juice: (Punica Granatum)

Merlin Natural Health 100% Premium Pomegranate Juice Concentrate is processed from Pomegranate Fruit grown in California. The Californian Pomegranate is renowned for its flavour and sweetness compared with some Pomegranate fruit grown in other countries, which are less sweet and in some cases quite bitter. Merlin Natural Health Pomegranate is 100% natural juice with nothing added.

The Pomegranate tree was introduced into California by Spanish settlers in 1769, and has been cultivated and naturalized over the whole of the Mediterranean region since ancient times and is native from Iran to the Himalayas.

A Powerful Antioxidant:

Rich in Polyphenol Antioxidants for Cardiovascular Health and helps prevent the oxidation of LDL (bad cholesterol) and the subsequent build up of plaque in the arteries.

This excess of plaque, known as Atherosclerosis is a leading factor in heart attacks and strokes.

Whilst the health benefits of the Pomegranate have been acknowledged for centuries, it is only in recent years that the true power of the fruit has been recognized.

Early studies show that the Pomegranate juice may contain 3 times the antioxidant ability of green tea.

Pomegranate juice is packed with Polyphenols, among the most potent plant antioxidants on the planet.

These Phytochemicals protect plants from disease and UV light and can play a similar role within the body, acting as potent free radical scavengers.

Antioxidants and Nitric Oxide:

Normally associated with pollution and toxicity Nitric Oxide occurs naturally within the body. By functioning as a signaling molecule, it instructs the body when to relax and widen the blood vessels, thus controlling blood pressure. It also plays a role in preventing hardening of the arteries by helping to prevent platelets and white blood cells collecting on the walls of the arteries.

A recent study found that pomegranate juice may help preserve the levels of nitric oxide within the body, thereby keeping vessel walls healthy and increasing blood flow to the heart.

Antioxidants and Ageing:

Free radical damage accumulates with age, so Pomegranate juice with its high levels of Phytochemical antioxidants may help prevent aging.

By protecting the body from free radicals, the antioxidants found in Pomegranate juice may help you to feel and look younger.

Research and Medical Opinion:

American scientists undertook a study of the effects of Pomegranate Juice on patients with Heart disease. All patients had narrowing of the arteries causing reduced blood flow to the heart. One group was given Pomegranate juice every day, the other group a placebo, which looked and tasted the same as Pomegranate.

After three months the two groups were evaluated. The group that took Pomegranate juice experienced a 17 per cent increase of blood flow to the heart.

The placebo group experienced a further deterioration of 18 per cent blood flow to the heart.

According to the report of the study in the American Journal of Cardiology the group who drank Pomegranate juice was 35 per cent better off than the placebo group.

The Doctor from the University of California who led the study concluded: "The significant improvements in blood flow to the heart after only 3 months suggest that Pomegranate juice may have important clinical benefits for those with coronary heart disease and also may help to prevent it."

A Doctor from the British Heart Foundation said:-

"Pomegranate is a great way to fill up with antioxidants. These antioxidants mop up free radicals in the body. It is these free radicals that cause the oxidation of LDL (bad cholesterol) which causes the build up of plaque in the arteries, leading to heart attacks and strokes."

Pomegranate may help with Prostate Cancer.

The very latest research as published by the University of California in the respected medical journal "Clinical Cancer Research" reported that pomegranate juice could dramatically increase the stability period of prostate cancer. Although only a pilot study of 50 men was used, if confirmed this would be highly significant as it would allow men over 65 with prostate cancer the option of completing their normal life span without resorting to harsh medical treatments.

Merlin Natural Health Pomegranate Concentrate may help with the following conditions:-

- Cardiovascular system (helps to maintain a healthy heart)
- Reducing bad cholesterol (LDL) and lowering blood pressure.
- Protection against free radicals.
- Help to relieve the symptoms of menopause.
- The high levels of iron found in the fruit could help prevent anaemia.
- It is also believed to have anti viral, anti fungal and anti bacterial benefits.
- May help to slow down the effects of ageing.
- Prostate problems.

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Nutritional Information Amount per 20ml serving:

Calories 55
Total fat 0g
Cholesterol 0mg
Sodium 0.5mg
Total Carbohydrate 20.5g
Carb. From sugar 20.5g
Protein 1.0g
Vitamin C 7.2mg
Iron 0.16mg

Suggested Consumption.

For people with serious health issues they should consume a minimum of 50ml Pomegranate concentrate per day diluted to taste.

To maintain good health take as part of your daily diet. 20ml Pomegranate concentrate diluted with 4 parts mineral water, juice or other mixer, such as yoghurt to make a nice smoothie.

The above dilution rates can be increased or reduced according to taste. Can be taken at any time during the day, either with meals or as a refreshing drink.

Under 16 years of age take half of the above amount. i.e. 10ml pomegranate with the suggested dilution rate, increase or reduce dilution according to taste.

Please note:

It is not necessary to shake the bottle before use.

All supplements and natural juices should be stored in a cool, dark area.

Following these guidelines will help to preserve the integrity of the products.

Price comparison:-

Not to be confused with pomegranate sold in supermarkets and stores.

These products generally contain a very low concentrate of pomegranate and therefore do not offer the same level of health benefits as our pure concentrated juice.

If you were to calculate the cost on a like for like basis then the store products are more expensive.

The information presented within this site is not intended to diagnose illness or prescribe treatment. Always consult a medically qualified practitioner with knowledge of natural supplements before starting a course of supplements and before making any change to prescribed medication.

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