

## Pomegranate

### Description

Pomegranate fruit

The seeds from pomegranates may lower inflammation, osteoarthritis, cancer & heart disease, blood pressure, dementia, help memory and may help prevent pregnancy complications like preclampsia, growth restriction, preterm birth, & low oxygen neural damage.

[livestrong.com/article/308144-risks-and-benefits-of-pomegranate-juice](https://www.livestrong.com/article/308144-risks-and-benefits-of-pomegranate-juice)

[draxe.com/nutrition/pomegranate-juice](https://www.draxe.com/nutrition/pomegranate-juice)

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### Category

1. Uncategorized

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