



Absolute Pomegranate Powder

(*Punica granatum L.*)



WHAT SETS OUR POMEGRANATE POWDER™ APART FROM THE COMPETITION:

- Organic Pomegranate: (*Punica granatum L.*)
- 100% Certified Organic and Kosher
- 100% freeze dried powder - as close to eating fresh picked pomegranate as you can get
- Produced in an FDA Inspected & Certified Organic Lab

INGREDIENTS: 6.35 oz pure, freeze-dried organic pomegranate powder (180 grams).

POMEGRANATE INFO:

The pomegranate (*pom-i-gran-it*) is a chambered, many-seeded and globose shaped fruit, with a tough and usually red rind, and surmounted by a crown of calyx lobe. The interior portion of the pomegranate consists of a fleshly pith core that surrounds approximate 600 seeds per pomegranate. The edible portion of the seeds is the aril (*or arillus*) surrounding the seed. It's almost like a fruit and seed inside the fruit. The aril has a skin, pulp and juice. Growing up we used to eat the seeds one by one with a tooth pick and then spitting the remaining seed out. A lot of work, with red stained fingers, but pretty darn good eating.

Pomegranate - Sometimes called the Mediterranean Super-fruit Jewel

The attractive fruit of the pomegranate tree is one of the most distinctive in the world. Its tough crimson colored rind housing a complex interior of ruby jewel-like juicy seeds and white fleshy pith make it something you don't just sit down and eat in a hurry.

Native to southwestern Asia, the pomegranate is widely cultivated in warm, dry regions of the world – most historically the Mediterranean. Some date cultivation of this fruit back to prehistoric times, and it has been used throughout the ages medicinally, mythologically, and as a valued culinary delight. Most Western cultures today are familiar with this fruit in its raw state or as a juice – a deep red delicacy which tastes divine, and nearly always stains something!

CAOH® Absolute Pomegranate Powder™ makes enjoying yummy pomegranate easy by offering it in an organic, freeze-dried, mess-free, powder form. It can be easily added to nutritional shakes, smoothies, and cereal.

POMEGRANATE'S STRENGTH:

Though many of the pomegranate's mythological roots (often seen as a symbol of fertility and prosperity) cannot be proven, recent attention from scientific communities indicates the fruit's health benefits are far from myth. Pomegranate

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contains a broad spectrum of vitamins and minerals, with notable amounts of vitamin C and potassium. It is also a powerful source of antioxidant phytoestrogens, polyphenols, and anti-inflammatory essential amino acids. Among the most important effects of this beneficial nutrient collection is the ability to inhibit free radicals (a biological component attributed to disease and aging). Remarkably, polyphenols may inhibit estrogen synthesis, and the oil from the pomegranate seed has been proven effective against the proliferation of breast cancer cells in vitro.

But there's more. Pomegranate's contribution to cardiovascular health has also been widely celebrated. In preliminary laboratory research and human pilot studies, juice of the pomegranate was shown effective in reducing heart disease risk factors: including LDL oxidation, macrophage oxidative status, and foam cell formation (important components of atherosclerosis and cardiovascular disease). Pomegranate juice has also been shown to reduce systolic blood pressure (inhibiting the serum angiotensin-converting enzyme), may inhibit viral infections, and can also have antibacterial effects against dental plaque.

ABSOLUTE POMEGRANATE POWDER'S POTENCY:

Though CAO H® Absolute Pomegranate Powder™ is a superfood powerhouse health-wise, its fruity flavor is much more mild – making it easy to incorporate into other recipes. Just a spoonful or two stirred into juice or tea, or blended into a smoothie, make it a great nutritional addition. We love adding it to our tea. Undiluted, Absolute Pomegranate Powder™ is also excellent when mixed into desserts – like cookies or ice cream. Health and nutrition should be so sweet.

SUGESSTED USE: 2-3 scoops per day (each scoop is approximately 6 grams). Can be sprinkled on food or mixed into a smoothie or drink.

USAGE TIPS: Absolute Pomegranate Powder™ is great blended into a protein shake or fruit smoothie. It is also delicious sprinkled on yogurt. To more easily mix it into cold liquids, first put the powder in a glass with a few tablespoons of warm water and mix thoroughly. Note: This is freeze-dried fruit powder and so isn't fully water soluble.

SAFTEY INFORMATION: This formula does not contain preservatives, solvents, additives, fillers, yeast, wheat, corn, soy or milk. Always consult with a healthcare professional before using any nutritional supplement or starting any nutritional program. Do not use this product if you have a known allergy to any of the ingredients contained in this product. # This Product has not been evaluated by the Food and Drug Administration.

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