

Hivatkozások/Referenciák

- [1] Wang D, Özen C, Abu-Reidah IM, Chigurupati S, Patra JK, Horbanczuk JO, Jó zwick A, Tzvetkov NT, Uhrin P and Atanasov AG (2018) Vasculoprotective Effects of Pomegranate (*Punicagranatum L.*). *Front. Pharmacol.* 9:544. doi: 10.3389/fphar.2018.00544.
- [2] Waltenberger B, Mocan A, Šmejkal K, Heiss EH, Atanasov AG. Natural Products to Counteract the Epidemic of Cardiovascular and Metabolic Disorders. *Molecules.* 2016 Jun 22;21(6). doi: 10.3390/molecules21060807.
- [3] Gil MI, Tomás-Barberán FA, Hess-Pierce B, Holcroft DM, Kader AA. Antioxidant activity of pomegranate juice and its relationship with phenolic composition and processing. *J Agric Food Chem.* 2000 Oct;48(10):4581-9. PubMed PMID: 11052704.
- [4] Aviram M, Dornfeld L. Pomegranate juice consumption inhibits serum angiotensin converting enzyme activity and reduces systolic blood pressure. *Atherosclerosis.* 2001 Sep;158(1):195-8. PubMed PMID: 11500191.
- [5] Aviram M, Rosenblat M, Gaitini D, Nitecki S, Hoffman A, Dornfeld L, Volkova N, Presser D, Attias J, Liker H, Hayek T. Pomegranate juice consumption for 3 years by patients with carotid artery stenosis reduces common carotid intima-media thickness, blood pressure and LDL oxidation. *Clin Nutr.* 2004 Jun;23(3):423-33.
- [6] Lynn A, Hamadeh H, Leung WC, Russell JM, Barker ME. Effects of pomegranate juice supplementation on pulse wave velocity and blood pressure in healthy young and middle-aged men and women. *Plant Foods Hum Nutr.* 2012 Sep;67(3):309-14.
- [7] Asgary S, Keshvari M, Sahebkar A, Hashemi M, Rafieian-Kopaei M. Clinical investigation of the acute effects of pomegranate juice on blood pressure and endothelial function in hypertensive individuals. *ARYA Atheroscler.* 2013 Nov;9(6):326-31. PubMed PMID: 24575134; PubMed Central PMCID: PMC3933059.
- [8] Asgary S, Sahebkar A, Afshani MR, Keshvari M, Haghjooyjavanmard S, Rafieian-Kopaei M. Clinical evaluation of blood pressure lowering, endothelial function improving, hypolipidemic and anti-inflammatory effects of pomegranate juice in hypertensive subjects. *Phytother Res.* 2014 Feb;28(2):193-9. doi: 10.1002/ptr.4977.

[9] Sahebkar A, Ferri C, Giorgini P, Bo S, Nachtigal P, Grassi D. Effects of pomegranate juice on blood pressure: A systematic review and meta-analysis of randomized controlled trials. *Pharmacol Res.* 2017 Jan;115:149-161. doi: 10.1016/j.phrs.2016.11.018.

[10] Paller CJ, Ye X, Wozniak PJ, Gillespie BK, Sieber PR, Greengold RH, Stockton BR, Hertzman BL, Efros MD, Roper RP, Liker HR, Carducci MA. A randomized phase II study of pomegranate extract for men with rising PSA following initial therapy for localized prostate cancer. *Prostate Cancer Prostatic Dis.* 2013 Mar;16(1):50-5. doi: 10.1038/pcan.2012.20.

[11] Haghghian MK, Rafrat M, Moghaddam A, Hemmati S, Jafarabadi MA, Gargari BP. Pomegranate (*Punica granatum L.*) peel hydro alcoholic extract ameliorates cardiovascular risk factors in obese women with dyslipidemia: a double blind, randomized, placebo controlled pilot study. *Eur J Integr Med.* 2016; 8, 676–682. doi: 10.1016/j.eujim.2016.06.010.

[12] Sohrab G., Nasrollahzadeh J, Zand H, Amiri Z, Tohidi M, Kimiagar M: Effects of pomegranate juice consumption on inflammatory markers in patients with type 2 diabetes: A randomized, placebo-controlled trial.; *J Res Med Sci.*2014 Mar;19(3):215-20.

[13] Mirmiran P, Fazeli MR, Asghari G, Shafiee A, Azizi F: Effect of pomegranate seed oil on hyperlipidaemic subjects: a double-blind placebo-controlled clinical trial.; *Br J Nutr.* 2010 Aug;104(3):402-6. doi: 10.1017/S0007114510000504. Epub 2010 Mar 25.

[14] Esmailzadeh A., Tahbaz F., Gaieni I., Alavi-Majd H., Azadbakht L.:Cholesterol-lowering effect of concentrated pomegranate juice consumption in type II diabetic patients with hyperlipidemia.; *Int J Vitam Nutr Res.* 2006 May;76(3):147-51.

[15] Al-Jarallah A, Igdoura F, Zhang Y, Tenedero CB, White EJ, MacDonald ME, Igdoura SA, Trigatti BL: Atherosclerosis. The effect of pomegranate extract on coronary artery atherosclerosis in SR-BI/APOE double knockout mice.; 2013 May;228(1):80-9. doi: 10.1016/j.atherosclerosis.2013.02.025. Epub 2013 Mar 7.

[16] Kaplan M, Hayek T, Raz A, Coleman R, Dornfeld L, Vaya J, Aviram M: Pomegranate juice supplementation to atherosclerotic mice reduces macrophage lipid peroxidation, cellular cholesterol accumulation and development of atherosclerosis.; *J Nutr.*2001 Aug;131(8):2082-9.

[17] Aviram M., Rosenblat M., Gaitini D., Nitecki S., Hoffman A.,Dornfeld L, Volkova N., Presser D., Attias J., Liker H., Hayek T.: Pomegranate juice consumption for 3 years by patients with carotid artery stenosis reduces common carotid intima-media thickness, blood pressure and LDL oxidation.; *Clin Nutr.* 2004 Jun;23(3):423-33.

[18] Sedigheh Asgary, Amirhossein Sahebkar, Mohammad Reza Afshani, Mahtab Keshvari, Shaghayegh Haghjooyjavanmard, Mahmoud Rafieian-Kopaei: Clinical Evaluation of Blood Pressure Lowering, Endothelial Function Improving, Hypolipidemic and Anti-Inflammatory Effects of Pomegranate Juice in Hypertensive Subjects; *Phytotherapy Research*, Volume28, Issue2, February 2014, Pages 193-199

[19] Sahebkar A, Ferri C, Giorgini P, Bo S, Nachtigal P, Grassi D5: Effects of pomegranate juice on blood pressure: A systematic review and meta-analysis of randomized controlled trials.; *Pharmacol Res.* 2017 Jan;115:149-161. doi: 10.1016/j.phrs.2016.11.018. Epub 2016 Nov 23.

*Dr. Dongdong Wang is affiliated with:

1) Institute of Genetics and Animal Breeding of the Polish Academy of Sciences, ul. Postepu 36A, 05-552, Jastrzebiec, Poland.

2) Department of Pharmacognosy, University of Vienna, Althanstrasse 14, 1090, Vienna, Austria.

3) Institute of Clinical Chemistry, University Hospital Zurich, University of Zurich, Wagistrasse 14, 8952, Schlieren, Switzerland.

[20] Protective Effects of Pomegranate in Endothelial Dysfunction Nathalie T B Delgado 1, Wender N Rouver 1, Roger L Dos Santos 1
<https://pubmed.ncbi.nlm.nih.gov/32250215/#:~:text=We%20have%20shown%20that%20pomegranate%2C%20or%20rather%20its,species%20formation%20and%20acting%20in%20an%20anti-inflammatory%20way.>

[21] Pomegranate: its role in cardiovascular health Stephanie Maxine Ross 1
<https://pubmed.ncbi.nlm.nih.gov/19411998/>

[22] Potent health effects of pomegranate

Aida Zarfeshany, Sedigheh Asgary,1 and Shaghayegh Haghjoo Javanmard
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4007340/>