



During Lisbon Polyphenols 2014, as special session will be dedicated to **Pomegranate Polyphenols: Recent Advances & Perspectives**.

One of the presentation will be done by Dr Jara Perez-Jimenez, from ICTAN, Spain about "Regular consumption of a pomegranate and grape juice improves oxidative status and causes metabolome changes in healthy adults".

This study was elaborated by Dr Maria Elena Diaz Rubio from ICTAN, Spain.

According this presentation: *"An improvement in oxidative status is associated with a reduction in the incidence of several chronic diseases. Human oxidative status depends on endogenous antioxidant systems and on dietary intake of antioxidants. However, daily intake of antioxidants in Western diets has decreased in recent years. This study evaluates the effect of daily consumption, by healthy adults, of a glass (200 mL) of an antioxidant-rich juice (ARJ) on parameters associated with oxidative status and risk of cardiovascular disease as well as on plasma and urine metabolomes"*.

If you are interested to present your recent studies with Pomegranate, please send us your abstract.

For more information: www.polyphenols-site.com