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Pomegranate

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Description

Overview Pomegranate is a tree. Various parts of the tree and fruit are used to make medicine. People use pomegranate for high blood pressure, athletic performance, heart disease, diabetes, and many other conditions, but there is no good scientific evidence to support most of these uses. Pomegranate has been used for thousands of years. It is in Greek, Hebrew, Buddhist, Islamic, and Christian mythology and writings. It is described in records dating from around 1500 BCE as a treatment for tapeworm and other parasites. Many cultures use pomegranate as a folk medicine. Pomegranate is native to Iran. It is primarily cultivated in Mediterranean counties, parts of the United States, Afghanistan, Russia, India, China, and Japan. You'll see pomegranate in some royal and medical coats of arms. POMEGRANATE: Pomegranates are rich in vitamin C, with one fruit providing up to 48% of the recommended daily intake! This powerful antioxidant boosts immune function, helps produce collagen for healthy skin, and is essential for the absorption of iron in the body. Side Effects When taken by mouth: Pomegranate juice is **LIKELY SAFE** for most people when taken by mouth. Most people do not experience side effects. Some people can have allergic reactions to pomegranate fruit. Pomegranate extract is **POSSIBLY SAFE** when taken by mouth or applied to the skin. Some people have experienced sensitivity to pomegranate extract. Symptoms of sensitivity include itching, swelling, runny nose, and difficulty breathing. The root, stem, or peel of pomegranate is **POSSIBLY UNSAFE** when taken by mouth in large amounts. The root, stem, and peel contain poisons. When applied to the skin: Pomegranate extract is **POSSIBLY SAFE** when applied to the skin. Some people have experienced sensitivity to pomegranate extract. Symptoms of sensitivity include itching, swelling, runny nose, and difficulty breathing. Interactions Moderate Interaction Be cautious with this combination Medications changed by the liver (Cytochrome P450 2D6 (CYP2D6) substrates) interacts with POMEGRANATE Some medications are changed and broken down by the body. Pomegranate might decrease how quickly the body breaks down some medications. Taking pomegranate along with some medications that are changed by the body might increase the effects and side effects of your medication. Before taking pomegranate, talk to your healthcare provider if you take any medications that are changed by the body. Some medications that are changed by the body include amitriptyline (Elavil), codeine, desipramine (Norpramin), flecainide (Tambocor), fluoxetine (Prozac), ondansetron (Zofran), tramadol (Ultram), and others. Medications changed by the liver (Cytochrome P450 3A4 (CYP3A4) substrates) interacts with POMEGRANATE Some medications are changed and broken down by the body. Drinking pomegranate juice might decrease how quickly the body breaks down some medications. Drinking pomegranate juice and taking some medications

that are broken down by the body might increase the effects and side effects of some medications. Before drinking pomegranate juice, talk to your healthcare provider if you are taking any medications that are changed by the body. Some medications changed by the body include amlodipine (Norvasc), diltiazem (Cardizem), verapamil (Verelan, Calan, others), indinavir (Crixivan), nelfinavir (Viracept), ritonavir (Norvir), saquinavir (Invirase), alfentanil (Alfenta), fentanyl (Sublimaze), midazolam (Versed), ondansetron (Zofran), propranolol (Inderal), and many others. Medications for high blood pressure (ACE inhibitors) interacts with POMEGRANATE Pomegranate juice can lower blood pressure. Taking pomegranate juice along with medications for high blood pressure might cause your blood pressure to go too low. Some medications for high blood pressure include captopril (Capoten), enalapril (Vasotec), lisinopril (Prinivil, Zestril), ramipril (Altace), and others. Medications for high blood pressure (Antihypertensive drugs) interacts with POMEGRANATE Pomegranate can lower blood pressure. Taking pomegranate along with medications for high blood pressure might cause your blood pressure to go too low. Some medications for high blood pressure include captopril (Capoten), enalapril (Vasotec), losartan (Cozaar), valsartan (Diovan), diltiazem (Cardizem), Amlodipine (Norvasc), hydrochlorothiazide (HydroDIURIL), furosemide (Lasix), and many others. Rosuvastatin (Crestor) interacts with POMEGRANATE Rosuvastatin (Crestor) is broken down by the body in the liver. Drinking pomegranate juice might decrease how quickly the liver breaks down rosuvastatin (Crestor). This might increase the effects and side effects of rosuvastatin (Crestor). Carbamazepine (Tegretol) interacts with POMEGRANATE Carbamazepine (Tegretol) is broken down by the body. Drinking pomegranate juice might decrease how fast the body breaks down carbamazepine (Tegretol). This might increase the effects and side effects of carbamazepine (Tegretol). Warfarin (Coumadin) interacts with POMEGRANATE Warfarin (Coumadin) is broken down by the body. Drinking pomegranate juice might decrease how fast the body breaks down warfarin (Coumadin). This might increase the effects and side effects of warfarin (Coumadin). Minor Interaction Be watchful with this combination Medications changed by the liver (Cytochrome P450 2C9 (CYP2C9) substrates) interacts with POMEGRANATE Some medications are changed and broken down by the body. Pomegranate might decrease how quickly the body breaks down some medications. Taking pomegranate along with some medications that are changed by the body might increase the effects and side effects of your medication. Before taking pomegranate, talk to your healthcare provider if you take any medications that are changed by the body. Some medications that are changed by the body include celecoxib (Celebrex), diclofenac (Voltaren), fluvastatin (Lescol), glipizide (Glucotrol), ibuprofen (Advil, Motrin), irbesartan (Avapro), losartan (Cozaar), phenytoin (Dilantin), piroxicam (Feldene), tamoxifen (Nolvadex), tolbutamide (Tolinase), torsemide (Demadex), and S-warfarin (Coumadin). Tolbutamide (Orinase) interacts with POMEGRANATE Tolbutamide (Orinase) is broken down by the body. Drinking pomegranate juice might decrease how fast the body breaks down tolbutamide (Orinase). This might increase the effects and side effects of tolbutamide (Orinase). Special Precautions and Warnings When taken by mouth: Pomegranate juice is **LIKELY SAFE** for most people when taken by mouth. Most people do not experience side effects. Some people can have allergic reactions to pomegranate fruit. Pomegranate extract is **POSSIBLY SAFE** when taken by mouth or applied to the skin. Some people have experienced sensitivity to pomegranate extract. Symptoms of sensitivity include itching, swelling, runny nose, and difficulty breathing. The root, stem, or peel of pomegranate is **POSSIBLY UNSAFE** when taken by mouth in large amounts. The root, stem, and peel contain poisons. When applied to the skin: Pomegranate extract is **POSSIBLY SAFE** when applied to the skin. Some people have experienced sensitivity to pomegranate extract. Symptoms of sensitivity include itching, swelling, runny nose, and difficulty breathing. Pregnancy and breast-feeding: Pomegranate juice is **POSSIBLY SAFE** for pregnant and breast-feeding women. But there is not enough reliable information about the safety of using other forms of pomegranate, such as pomegranate extract. If you use pomegranate during pregnancy or breast-feeding, stick with the juice. Low blood pressure: Drinking pomegranate juice can slightly lower blood pressure. Drinking pomegranate juice might increase the risk of blood pressure dropping too low in people who already have low blood pressure. Allergies to plants: People with plant allergies seem to be more likely to have an allergic reaction to pomegranate. Surgery: Pomegranate might affect blood pressure. This might interfere with blood pressure control during and after surgery. Stop taking pomegranate at least 2 weeks before a scheduled surgery. Dosing The following doses have been studied in scientific research: **ADULTS BY MOUTH:** For high blood pressure: 43-330 mL of pomegranate juice has been used daily for up to 18 months.

Side Effects

Uses

Interactions

Other Details
