

Pomegranate Juice Study

Main Study Questions

The objective of this study is to determine if consumption of pomegranate juice, a polyphenol-rich juice, can ameliorate the endothelial dysfunction resulting from consumption of a high fat meal.

Motivation for Research

Cardiovascular disease remains a major killer in the United States and throughout the world. Many mechanisms contribute to risk for cardiovascular disease, including the responsiveness of blood vessels to perturbations. Diet has been shown to influence blood vessel responsiveness. The aim of this study is to investigate the ability of polyphenol-rich fruit juice (pomegranate juice) to improve blood vessel reactivity after a high fat meal.

The study ran from early December 2012 to mid-January 2013.

