



Pomegranate Seed Oil / Omega 5 Fact Sheet

Pomegranate seed oil, a rare and precious oil, is obtained from the seeds inside the red, juice-filled arils of the pomegranate fruit. **Rich in Omega 5 essential fatty acid, it is the only known botanical source of Conjugated Linolenic Acid (CLnA)**, also known as Punicic Acid, one of the most potent antioxidants known to modern science, and a natural phytoestrogen. While chemically similar to Conjugated Linoleic Acid (CLA), the Omega 5 molecule is extremely unique in that it has three double bonds instead of two.

History

The pomegranate has long been revered in mythological and spiritual writings as a symbol of health, fertility and eternal life. Native to ancient Persia and valued for centuries as a medicinal plant, pomegranates were once used to treat disorders like diabetes, hypertension, gastric inflammation, and infertility, as well as external skin diseases. Today, we know that the secret of the pomegranate can be found in a single drop of its precious seed oil.

The Benefits

- Conjugated molecular structure makes Omega **5 highly compatible with and easily absorbed by skin**. Acting as a delivery system, it helps channel other ingredients and nutrients to the cell, **accelerating the process of cellular regeneration and rejuvenation**.
- **Contains potent antioxidants**, which deliver improvements in skin health and appearance by eliminating free radicals that can cause premature aging.
- **Supports the body's resilience against inflammation**, which takes place on the cellular level and can be triggered by many factors, ranging from environmental toxins to stress and poor diet. Controlling this inflammatory response minimizes the possibility of illness and helps preserve the youthfulness of skin.
- Contains a **human-compatible form of phytoestrogen** (plant-based estrogen), which supports hormonal balance and skin health in both men and women.
- Contains essential vitamins and minerals (B1, B2, C, potassium, and magnesium), is **anti-carcinogenic**, and supports immune, hormonal, circulatory, and metabolic health.
- As a "dry" oil, it absorbs readily into skin without leaving a film of greasiness.

Current Uses & Studies

Around the world, clinical studies are increasingly showing the importance of pomegranate seed oil in supporting a wide range of functions, including potential use in cases of eczema, hormonal imbalance, cardiovascular disease, and various forms of cancer. Studies have also shown it to stimulate keratinocyte proliferation, which promotes regeneration of the epidermis.