

Pomegranate juice slows prostate cancer progression

The antioxidant and anti-inflammatory effects of polyphenols in pomegranate juice may help keep prostate cancer at bay, according to a study published in the July issue of *Clinical Cancer Research* ([12:4018-4026](#)). Researchers studied 46 men who had undergone treatment for prostate cancer and had detectable levels of prostate-specific antigen (PSA), a marker of cancer risk. The men received eight ounces daily of pomegranate juice, containing approximately 570 mg total polyphenols including the flavonoids anthocyanins, catechins and phenols. The patients continued treatment until meeting disease progression endpoints and were followed in 3-month intervals with serum PSA, blood and urine analyzed following each interval. Results showed that PSA doubling time increased significantly from a mean of 15 months at baseline to 54 months after treatment, indicating a suppression of cancer progression. In addition, incubation of prostate cancer cells *in vitro* with the patients' serum before and after pomegranate juice treatment resulted in a 12 percent decrease in cancer cell growth and a 17 percent increase in the death of these cells. Patients' antioxidant capacity improved significantly, as well. Researchers saw reductions in patients' serum oxidation and sensitivity to oxidation after consumption of the pomegranate juice, and also a 23 percent increase in serum nitric oxide, a compound known for its anti-inflammatory properties. [See the Research Watch section of CRN's Members Only website for more information on this and other studies.](#)