

Recent studies proved that Pomegranate show to inhibit CYP3A in the body, thus it will alter the pharmacokinetics of any drug metabolized by this enzyme.(Hidaka M, *et al.*. 2005).

Chemically, pomegranate is a rich source of beneficial compounds. It contains a potent antioxidant of the polyphenolic Xavonoid class, which includes tannins and anthocyanins, (De Nigris *et al.*, 2005; Elfalleh *et al.*, 2011). Comparing with other beverages pomegranate juice has showed to have more antioxidants than blueberries, and cranberries. Another impressive antioxidant that only founded in pomegranate is punicalagins which have many functions in lowering cholesterol level, blood pressure and increase the speed at which heart blockages (atherosclerosis) melt away. (Aviram M, *et al.*. 2000; Aviram M, *et al.*. 2004)

As previously mention Pomegranate juice has reduce blood pressure, by reducing systolic blood pressure and inhibits serum angiotensin converting enzyme(Aviram M, *et al.*. 2000). Also to note, pomegranate juice contains phytochemical compounds that stimulate serotonin and estrogen receptors, thus improve symptoms of depression in animals experiment, (Mori-Okamoto J, *et al.*. 2004).