

Ready to start planning your care? Call us at [800-525-2225](tel:800-525-2225) to make an appointment.

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Pomegranate is a reddish-brown fruit that comes from the pomegranate tree. Pomegranate seeds have many nutrients. They are also used in traditional medicine to help with many issues.

Juice made from pomegranate seeds comes in supplements as capsules, tablets, and as powders.

What are the potential uses and benefits?

Pomegranate supplements/juice are used:

- To prevent and treat heart disease.
- To lower high cholesterol levels.
- To reduce high blood pressure.
- To prevent cancer.

Pomegranate also has other uses that haven't been studied by doctors to see if they work.

It's generally safe to eat pomegranate seeds or drink pomegranate juice. Talk with your healthcare provider before taking pomegranate supplements. Herbal supplements are stronger than the herbs you would use in cooking.

Supplements can also interact with some medications and affect how they work. For more information, read the "What else do I need to know?" section below.

What are the side effects?

Side effects of pomegranate juice may include:

- Diarrhea (loose or watery bowel movements).

What else do I need to know?

- Talk with your healthcare provider if you're on blood thinners such as warfarin (Coumadin[®], Jantoven[®]). Pomegranate juice can increase your risk of bleeding.
- Avoid eating the root, stem, or peel of pomegranate. They contain chemicals that can be harmful.

If you have questions or concerns, contact your healthcare provider. A member of your care team will answer Monday through Friday from 9 a.m. to 5 p.m. Outside those hours, you can leave a message or talk with another MSK provider. There is always a doctor or nurse on call. If you're not sure how to reach your healthcare provider, call 212-639-2000.

For more resources, visit www.mskcc.org/pe to search our virtual library.

Pomegranate - Last updated on November 11, 2022

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