



## PATIENT & CAREGIVER EDUCATION

# Ellagic acid

This information describes the common uses of Ellagic acid, how it works, and its possible side effects.

Tell your healthcare providers about any dietary supplements you're taking, such as herbs, vitamins, minerals, and natural or home remedies. This will help them manage your care and keep you safe.

## What is it?

Ellagic acid is found in many foods that are part of a healthy diet, but there is no evidence to support its use for cancer treatment.

Ellagic acid is a naturally occurring compound called a tannin, found in red raspberries, strawberries, pomegranates, and walnuts. In laboratory studies, ellagic acid showed antiviral, antibacterial and antioxidant and cancer-preventive properties.

Small clinical studies have shown that ellagic acid may lower cholesterol and decrease lipid peroxidation in patients with metabolic syndrome; and may help restore cognitive performance associated with mild age-related decline. Consuming red raspberries may help improve endothelial function.

# What are the potential uses and benefits?

- To lower cholesterol

One study found that consumption of a drink made with freeze-dried strawberry powder for 4 weeks lowered total cholesterol and LDL levels in obese women with metabolic syndrome. Further research is needed to confirm this effect.

## What else do I need to know?

### Do Not Take if:

- You are taking drugs that are substrates of Cytochrome P450: Ellagic acid inhibits cytochrome P450 2A2, 3A1, 2C11, 2B1, 2B2 and 2C6 enzymes, and may increase the risk of side effects of these drugs. Clinical relevance is not known.

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](http://www.mskcc.org/pe) to search our virtual library.

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