



Mehr Chand Mahajan DAV College for Women Sector 36-A, Chandigarh

BOTANICAL NAME	<i>Punica granatum</i> L.
COMMON NAME	Anar, Pomegranate
FAMILY	<u>Lythraceae</u>



DISTRIBUTION India, Europe, Africa and Asia.

FUN FACT Anar is super-fruit owing to its significant nutritional and medicinal properties.

- COMMON USES**
1. Seed extracts are used in skincare products due to their antioxidant properties.
 2. Pomegranate seeds are eaten raw and also in juice form.
 3. This fruit is a rich source of fibre, vitamins and minerals.
 4. It is used as a remedy for digestive issues, skin disorders and intestinal parasites.
 5. Anar juice is rich of vitamin C, potassium, phosphorous, calcium, manganese, zinc and copper.

However, this information must be used only under medical supervision.

- REFERENCES**
1. <https://www.sciencedirect.com/science/article/pii/S075333222200645X#sec0010>
 2. <https://www.missouribotanicalgarden.org/PlantFinder/PlantFinderDetails.aspx?taxonid=286059>
 3. <https://www.kew.org/plants/pomegranate#plant-uses>