# Article information:

The effect of concentrated pomegranate juice consumption on risk factors of cardiovascular diseases in women with polycystic ovary syndrome: A randomized controlled trial - Abedini - 2021 - Phytotherapy Research - Wiley Online Library  
<https://onlinelibrary.wiley.com/doi/10.1002/ptr.6820>

# Article summary:

1. This study examined the effects of concentrated pomegranate juice (CPJ) consumption on risk factors of cardiovascular diseases (CVDs) in women with polycystic ovary syndrome (PCOS).

2. Compared to the control group, CPJ consumption significantly reduced systolic and diastolic blood pressure, serum triglyceride levels, and TG/HDL-C ratio in women with PCOS.

3. CPJ consumption also increased serum concentrations of LDL-C and HDL-C in these patients.

# Article rating:

May be slightly imbalanced: The article presents the information in a generally reliable way, but there are minor points of consideration that could be explored further or claims that are not fully backed by appropriate evidence. Some perspectives may also be omitted, and you are encouraged to use the research topics section to explore the topic further.

# Article analysis:

The article “The effect of concentrated pomegranate juice consumption on risk factors of cardiovascular diseases in women with polycystic ovary syndrome: A randomized controlled trial” by Abedini is a well-written and comprehensive study that provides evidence for the beneficial effects of pomegranate juice consumption on risk factors of CVDs in women with PCOS. The study was conducted using a randomized controlled trial design, which is considered to be one of the most reliable methods for assessing the efficacy of an intervention. Furthermore, the authors have taken into account potential confounders such as age, BMI, and baseline measurements when analyzing their results.

However, there are some points that should be noted when evaluating this article’s trustworthiness and reliability. Firstly, although the authors have reported no adverse events or complications due to CPJ consumption throughout the study period, it is possible that long-term use may lead to adverse effects that were not observed during this short 8-week trial period. Secondly, although the authors have reported an increase in serum concentrations of LDL-C and HDL-C due to CPJ consumption, they did not provide any evidence for why this might be beneficial or detrimental for PCOS patients. Finally, it should also be noted that this study only included 44 participants which may limit its generalizability to other populations.

In conclusion, this article provides evidence for the beneficial effects of pomegranate juice consumption on risk factors of CVDs in women with PCOS; however there are some points that should be taken into consideration when evaluating its trustworthiness and reliability.

# Topics for further research:

* Long-term effects of pomegranate juice consumption
* Cardiovascular disease risk factors in PCOS
* Randomized controlled trial design
* LDL-C and HDL-C concentrations in PCOS
* Adverse events associated with pomegranate juice consumption
* Sample size and generalizability of study results

# Report location:

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