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Antioxidant activity and total phenolic content of ethanolic extract of pomegranate peels, juice and seeds

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Abstract

Pomegranate (*Punica granatum* L.) is extensively cultivated in Middle East especially in Iran. For centuries, this fruit has been used in Iranian herbal medicine. Pomegranate peel, seed and juice contain considerable amounts of phenolic compounds and have antioxidant activity. Pomegranate peels, juice and seeds from three regions of Natanz, Shahreza, and Doorak were obtained. Antioxidant activity, total phenolic, flavonoids, and flavonols contents of pomegranate peels, seeds and juices extracts were analyzed. The β -carotene bleaching test and Folin–Ciocalteu method were applied in this study. The pomegranate peel extract showed high levels of antioxidant activity in comparison to seeds and juices. Doorak peel by 58% had the highest antioxidant activity among two other peels. Total phenolics, flavonoids, and flavonols contents of pomegranate peel were evaluated much more higher than seeds and

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