ELLAGIC ACID SEEDS

also see Raspberry Seeds

Ellagic acid is a polyphenol found in numerous fruits and vegetables.

Ellagic acid acts as an antioxidant, meaning that it can neutralize harmful compounds known as free radicals to protect your cells from damage and oxidative stress.

Studies show that ellagic acid may decrease cancer cell growth, alleviate inflammation, and protect brain function.

According to one review of in vitro and in vivo evidence, ellagic acid may inhibit the growth and spread of tumors while killing cancer cells. In particular, test-tube studies show that ellagic acid may help protect against several types of cancer, including breast, bladder, prostate, colorectal, and lung cancer.
When you purchase ellagic acid, the seeds are often from raspberries. But pomegranates, strawberries, blackberries and even walnuts are rich in ellagic acid.

Food Source of Ellagic Acid	Mg per gram dry weight
Red Raspberries	1500
Strawberries	630
Walnuts	590
Pecans	330
Cranberries	120

Dr. Daniel Nixon of the Hollings Cancer Institute at the Medical University of South Carolina, has been working with Ellagic Acid from the red raspberry seed in his cancer studies. Dr. Nixon found that ingesting 40 mg of Ellagic Acid, which is the amount of Ellagic Acid contained in 1 cup of red raspberries (and 5 capsules of HTN's Ellagic Acid, Advanced Program), can cause cancer cells to undergo apoptosis (natural cell death). This is important because when cancer cells undergo apoptosis it effectively stops their geometric reproductive progression. The cancer cells die a normal death and are not reproduced.

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cause cancer cells to undergo apoptosis (natural cell death). This is important because when cancer cells undergo apoptosis it effectively stops their geometric reproductive progression. The cancer cells die a normal death and are not reproduced. In other words, it reinstates the action of the P53 gene.

Therefore the consumption of 1 cup (150 grams) of fresh red raspberries is equivalent of 40 milligrams of Ellagic Acid.