

## PURPLE PASSION FRUIT

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**Scientific name:** Passiflora edulis Sims, Passiflora edulis, Passiflora edulis Sims f. edulis y Passiflora edulis f. edulis.



**Common names:**

- English: purple granadilla, purple passion fruit, sweet cup.
- French: gouzou, grenadille, pomme-liane violette.
- German: granadilla, susze calabasch.
- Portuguese: maracujá comúm, maracujá de comer, maracujá de doce, maracujá de ponche, maracujá mirim, maracujá pequeno, maracujá peroba, maracujá redondo.
- Spanish: ceibey, curuba redonda, granadilla china, maracuyá, maracuyá púrpura, parcha, parcha de monte, parcha morada.

**Origin**

The purple passion fruit is native of southern Brazil through Paraguay to northern Argentina and was thoroughly dispersed during the 19th century to other countries in South America, Caribe, Asia, Africa, India and Australia. Passion fruit is adapted today throughout the tropics and subtropics and has naturalized and escaped in many areas including North America, many islands of the Pacific Ocean, Australia, New Zealand, South Africa and SE Asia (Morton, 1987).





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concentrations after absorption at the colonic region (González-Barrio *et al.*, 2011).

Finally, pomegranate seed oil, which represents the 12-20% of the seed on a dry-weight basis (Lansky & Newman, 2007), displays an interesting lipid profile. Pomegranate seed oil consists of 65-90% polyunsaturated fatty acids being puniic acid (9-cis, 11-trans, 13-cis, 18:3) the predominant one (Hernández *et al.*, 2011). Polyunsaturated fatty acids present in pomegranate seed oil could protect against diet-induced obesity and insulin resistance and inflammatory diseases (Asghari *et al.*, 2012; Coursodon-Boydiddle *et al.*, 2012; Vroegrijk *et al.*, 2011). Pomegranate seed oil also contains vitamin E, sterols (daucosterol, campesterol, stigmasterol, and  $\beta$ -sitosterol), steroids (estrone, 17- $\alpha$ -estradiol, estriol, and testosterone), and tocopherols (especially  $\gamma$ -tocopherol) (Lansky & Newman, 2007; Mori-Okamoto *et al.*, 2004).

On the whole, evidence suggests that phenolic phytochemicals of pomegranate fruit, mainly anthocyanins and ellagitannins, could exert multiple therapeutic properties on health management as playing an essential role in oxidative stress balance, preventing important cardiovascular diseases, and fighting as chemoprotective agent against several kinds of cancer. In addition, pomegranate antioxidant bioactives could possess a role as neuroprotectors in some neurological disorders just as broad antimicrobial activities among other beneficial implications.

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