Pomegranate: a lucky fruit with several nutrients from Nature’s Sensation





When it comes to nutrient-dense fruits, many people may come up with oranges, guavas, mangosteen, and bananas since those fruits are rather easy to find. We do not only consume fruits on a daily basis, but also use them for certain reasons, especially Thai-Chinese culture. Therefore, more attention in the meaning is required. Nature’s Sensation, a wide variety of fine dried fruits and natural juices brand under Heritage Group, would like to present you to “Pomegranate”, which offers a high nutrition and, at the same time, auspicious name.

According to the research of University of Bari Aldo Moro, Italy, pomegranates are widely planted in Asia, North Africa, and Europe. They have a distinctive rounded hexagonal shape with bright red seeds inside. In Thailand, the term “Tabtim” refers to both pomegranates and ruby owing to strong resemblance between the former’s seeds and the latter. The two are supposed to bring owners a good fortune and serve as a symbol of auspiciousness, sanctity, and abundance. In healthcare industry, pomegranates are rich in nutrients that are good for skin. For example, the antioxidant in pomegranates fights against inflammation and helps repair sunburnt skin. Pomegranates also boost skin’s collagen and contain anti-aging compound, polyphenol. Besides, the oil from pomegranates’ seeds helps strengthen and moisturize the skin effectively.

Pomegranates are excellent sources of Vitamin C, Vitamin E, Folic Acid, Potassium, and Fiber. These shiny red fruits help not only prevent cancers, but also lower the risk of heart diseases and stroke. The study in England proves that pomegranates are beneficial to people’s health and suitable for weight controllers due to their low calories. However, pomegranate juice is another popular option among people. This drink effectively quenches thirst and helps drinkers stay energized. The study published in Advanced Biomedical Research Journal 2014 confirmed that pomegranate juice can reduce the risk of high blood pressure and lower the level of Triglycerides.

As seen, pomegranate juice contains several health benefits and connotes good fortunes. This healthy drink surely would be a perfect fit for your loved ones. Nature’s Sensation’s pomegranate juice is now available at department stores and leading supermarkets nationwide. Visit the online channels at Shopee, Lazada, JD Central, and Line ID: @Heritagethailand. For more information,

please call 02-813-0954-5 or follow the activities of Nature’s Sensation at www.heritagethailand.com, www.facebook.com/naturessensationofficial, and IG: naturessensation