# Article information:

Effect of synbiotic pomegranate juice on glycemic, sex hormone profile and anthropometric indices in PCOS: A randomized, triple blind, controlled trial - ScienceDirect  
<https://www.sciencedirect.com/science/article/pii/S0939475318302278?via%3Dihub>

# Article summary:

1. A randomized, controlled, triple-blinded, parallel trial study was performed in PCOS patients to investigate the effect of synbioticomegranate juice on glycemic, sex hormone profile and anthropometric.2. Results showed that insulin resistance, insulin sensitivity, testosterone level, BMI, weight and waist circumference decreased significantly in the SPJ and SB groups.

3. The study concluded that SPJ can improve insulin resistance, insulin levels, testosterone levels, BMI, weight and waist circumference in PCOS 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 “Effect of synbiotic pomegranate juice on glycemic, sex hormone profile and anthropometric indices in PCOS: A randomized, triple blind, controlled trial” is a well-written article that provides an overview of the effects of synbiotic pomegranate juice on glycemic control and other health outcomes in women with polycystic ovarian syndrome (PCOS). The authors conducted a randomized controlled trial to assess the efficacy of this intervention. The results showed that there were significant changes in insulin resistance and other outcomes such as insulin sensitivity, testosterone level, BMI and waist circumference among those who consumed the synbiotic pomegranate juice compared to those who did not.

The article is generally reliable as it provides detailed information about the study design and methods used to collect data from participants. Furthermore, the authors have provided sufficient evidence to support their claims by citing relevant studies from previous research. However, there are some potential biases that should be noted when interpreting these results. For example, the sample size was relatively small (n=92), which may limit generalizability of findings to larger populations. Additionally, there was no control for dietary intake or physical activity levels which could have influenced the results observed in this study. Finally, it is important to note that this study only looked at short-term effects; therefore further research is needed to determine if these effects are sustained over time.

# Topics for further research:

* Long-term effects of synbiotic pgranate juice on PCOS
* Dietary intake and PCOS
  . Physical activity and PCOS
* Insulin sensitivity and PCOS
* Testosterone levels and PCOS
* Anthropometric indices and PC

# Report location:

<https://www.fullpicture.app/item/6a28153ad60726ebf609d2e5f3942c83>