

ESM 3. Calculated GAE (gallic acid equivalent) content in the doses of the PJ and POMx (extract of pomegranate juice) used in this study.

PJ [%]	Calculated GAE [μ g/ml] ^a	POMx [μ g/ml]	Calculated GAE [μ g/ml] ^a
0.01	0.2825	5	3.03
0.1	2.825 ^b	10	6.06 ^b
1	28.25 ^b	20	12.12 ^b
3	84.75	40	24.24
5	141.25	80	48.48
10	282.5 ^c	160	96.96
25	706.25 ^c	320	193.92

^aCalculation was based on (Li et al., 2015)

^bIncreased lifespan (P<0.05)

^cReduce lifespan (P<0.05)