BlackCumin Seed Oil

Code: FE0723 – 60 softgels

Cumin is a spice from the Apiaceae family, originally from Turkestan, Egypt and the Eastern Mediterranean. The fruit and seeds are normally used.
In addition to its culinary use, cumin has been shown to possess medicinal properties and has been used since antiquity; it is mentioned in the Sacred Scriptures, and according to Plinius, was one of the most prized spices. Dioscorides recommended it for treating diverse health problems, especially those of the stomach.
Black cumin seed oil is rich in fatty acids (linoleic and oleic acid), plant sterols and volatile oils such as thymol, limonene and carvacrol [(1)]. One of the active ingredients identified in cumin is thymoquinone, known for its anti-inflammatory and antioxidant properties [(2)].

Ingredients: Black cumin seed oil (*Nigella sativa*), natural mixed tocopherols, softgel (glacing agent: gelatin; humectants: purified water and glycerol).

Nutritional information:	**2 softgels (1 336 mg):**
Black cumin (50% linoleic acid, 20% oleic acid)	1 000 mg
Vitamin E (mixed tocopherols)	10 mg (83%*)

NRV: Nutrient Reference Value in %.

Contains no: Preservatives, artificial flavour or colour, sugar, milk or milk products, starch, wheat, yeast, citrus, or eggs.

Size and format:
60 softgels.

Recommended daily dose:
2 or 3 softgels daily with food.
Do not exceed the stated recommended daily dose.

Indications and uses:
Poor appetite, slow digestion, gastrointestinal spasms, lactation, hypomenorrhoea, dysmenorrhoea, intestinal parasitosis. Fights intestinal colics, diarrhoea, flatulence. Also used as an antioxidant, immune system stimulant, to relieve allergy and asthma cases. With good results with fungal infection.

Cautions: Do not take if you are pregnant or breast-feeding. May cause gastrointestinal upset when taken on an empty stomach.

BLACK CUMIN: the synergic effect of the components of black cumin strengthen the immune system and promote a healthy and balanced inflammatory response.
It has been proven to have an anti-diabetic effect in humans, decreasing blood pressure and cholesterol. It also exerts activity against certain types of infection, possesses anti-allergic effects and improves rheumatoid arthritis, as well as pediatric convulsions.

Clinical trials:

- Hyperlipidemia: it reduces total cholesterol, “bad” cholesterol (LDL) and total triglycerides without altering levels of “good” cholesterol [(3)].
- Type II diabetes: it reduces glucose levels at a dose of 2 g/day [(4)].
- Metabolic syndrome: it reduces weight, waist circumference and systolic blood pressure [(5-6)].
- Hypertension: it reduces systolic and diastolic blood pressure in a dose-dependent manner [(7)].
- Allergic rhinitis: it reduces symptoms (congestion of nasal mucosa, itching, nasal secretion, sneezing, etc.) in the first two weeks of treatment [(8)].
- Asthma: it significantly improves symptoms (frequency of attacks, wheezing, pulmonary function, etc.) after three months of treatment [(9)].
- Allergies: it improves symptom severity in patients with allergic diseases (allergic rhinitis, bronchial asthma, atopic dermatitis) [(10)].
- Non-ulcer dyspepsia (Helicobacter pylori): a daily dose of 2 g of black cumin together with omeprazol has an effectiveness similar to that of H. pylori eradication in patients with no-ulcer dyspepsia [(11)].
- Acute pharyngotonsillitis: there is noticeable pain relief and reduced difficulty swallowing within a few hours of the first dose [(12)].
- Rheumatoid arthritis: it improves symptoms such as joint inflammation and morning stiffness [(13)].
- Pediatric convulsions: treatment with thymoquinone significantly reduces the frequency of convulsions in children with refractory epilepsy [(14)].

References:
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7) Dehkordi, Farshad Roghani, and Amir Farhad Kamkhah. "Antihypertensive effect of Nigella sativa seed extract in patients with mild hypertension." Fundamental & clinical pharmacology 22.4 (2008): 447-452.
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13) Gheita, Tamer A., and Sanaa A. Kenawy. "Effectiveness of Nigella sativa oil in the management of rheumatoid arthritis patients: a placebo controlled study." Phytotherapy research 26.8 (2012): 1246-1248.
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