



BLACK SEED OIL

Black is the new green. Enerex Black Seed Oil is quickly becoming the herbal oil to watch as it is discovered by health enthusiasts, and joins top therapeutic oils like Oregano for its powerful immune-boosting properties. Used by ancient Egyptians yet also well-researched by modern medical science, Black Seed Oil is an antioxidant, antibacterial and antiviral. It has six patents registered for everything from diabetes and asthma to cancer treatment.

- **Overview**
- **Features**
- **Ingredients**
- **Ailments**
- **Packaging**
- **Testimonials**



OVERVIEW

Black is back

Black Seed, also sometimes called Black Cumin Seed, is fairly new to mainstream natural health, but it certainly isn't new to medicine.

You simply have to look to the past for proof that it works. Black Seeds were found in King Tutankhamen's tomb — physicians prescribed them to Egyptian pharaohs after extravagant feasts to calm upset stomachs. They were used by Queen Nefertiti as a health and beauty aid. They were considered valuable for digestive disorders by Hippocrates, and have been used in Ayurvedic medicine for centuries for hepatitis, fever, diarrhea and cough.

Enerex Black Seed Oil offers 100% first cold-pressed oil for maximum potency of its rich properties, which is taken as an antioxidant supplement or an alternative to other antibacterial, antiviral or immune-enhancing herbals. It is Black Seed's unique ingredients, called crystalline nigellone and thymoquinone, that knock out invading viruses, bacteria, and destructive renegade molecules.

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Fast facts about the little black seed

- Black Seeds are used as a seasoning spice in Middle Eastern, Mediterranean and Indian cooking, and have a nutty flavour.
 - Black Seed/Black Cumin Seed is not botanically related to the common spice cumin (*Cuminum cyminum*).
 - Black Seed (*Nigella sativa*) is a part of the buttercup plant family.
 - Black Cumin is commonly sold as “blackseed” or “black caraway,” but for therapeutic value, only *Nigella sativa* is true Black Seed.
 - *Nigella sativa* (Black Seed) has no known negative side effects.

The seeds of greatness

Black Seed contains over 100 active chemical compounds that may increase health. The three ingredients most studied for their effects are:

1. crystalline nigellone - well researched for increasing immune function, especially respiratory health;
2. thymoquinone - researched for cancer treatment, a *compound not yet detected in any other plant*;
3. *beta sitosterol* - highly researched for gallstones, urinary/prostate health, cancer and cholesterol reduction.

Black Seed’s other nutrients:

- Black Seed contains good fats: oleic acid (olive oil’s health-giving component); poly and monounsaturated unsaturated fatty acids including omega 3 (linolenic acid), omega 6 (linoleic acid), and omega 7 (palmitoleic acid, and arachidonic acid).
- It contains protein: 8 of the 9 essential amino acids that are combined to make “whole” protein.
- Black Seed also has vitamin B1, vitamin B2, vitamin B3, folic acid, calcium, iron, copper, zinc and phosphorous.

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Black Seed Oil has also been used to:

- Help relieve bronchitis
- Remedy colic in babies
- Reduce diarrhea, indigestion and heartburn
- Relieve headaches and migraines
- Calm insomnia
- Help decrease cholesterol and increase the elasticity of blood vessel walls to increase cardiovascular health
- Reduce depression or lethargy
- Reduce signs of eczema
- Ease joint pain and sore muscles (acting as an analgesic)
- Substitute for anti-inflammatory medication
- Help remedy gallstones and kidney stones
- Help prevent poliosis (early graying)

An easy way to take it

Enerex's Black Seed Oil is actually quite pleasing in taste and has a light nutty flavour.

The oil rather than the whole seeds is the most effective form to consume Black Seed because it is more concentrated, and it is more easily absorbed by the body — therefore the therapeutic effects are increased.

Take it on an empty stomach/before meals and bedtime once per day for a health maintenance dose.

Black Seeds can have sedative effects for some, so if this is the case, it may be best taken in the evening.

You can also add a few drops to your face and body cream for soft skin and therapy for skin disorders.

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INGREDIENTS

EACH HALF TEASPOON (2.5 ml) CONTAINS:

Medicinal Ingredients:

- | | |
|--|----------|
| • Black Seed Oil (<i>Nigella sativa</i> , seed) | 2,000 mg |
| Providing:50% Linoleic Acid and 25% Oleic Acid | |
| • Vitamin E (mixed Tocopherol Concentrate) | 45.5 mg |
| d-Alpha Tocopherol 25 IU | 16.75 mg |
| d-Gamma Tocopherol | 20.5 mg |
| d-Delta Tocopherol | 7.65 mg |

There are no other ingredients added to this formula.

Directions:

Adults: Take a half teaspoon (2.5 ml) once daily with food, diluted in water or juice, or as directed by a health care practitioner.

FEATURES

Enerex Black Seed Oil is 100% pure organic Black Seed Oil. It also contains Vitamin E super anti-oxidant with natural occurring mixed tocopherols & tocotrienols.

Black Seed Scientific Research

Since 1959, Black Seed (*Nigella sativa*) has been researched in over 200 clinical studies worldwide. Six medical patents have been granted for Black Seed for the following conditions: (Please Note: this information is for reference and interest only from patent licenses that have been issued by approved government agencies and in no way indicates or endorses that our Black Seed Oil should be substituted for consulting a health professional or appropriate medical treatment.)

1. Asthma/allergy therapy

Black Seed's powerful anti-inflammatory compounds reduce symptoms of asthma and allergies (which are inflammatory conditions).

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Example: German researchers conducted four studies on Black Seed Oil and asthma, hay fever and eczema involving 152 patients. They found that it reduced the severity of all three ailments' symptoms. Reported in the journal, *Phytotherapy Research*, "Black Seed Oil proved to be an effective adjuvant [addition] to treat allergic diseases."

(*Pulm Pharmacol Ther.* 2009 Feb;22(1):37-43)

2. Decreasing viral and bacterial infections

Antibiotic

Since Salmonella resistance is becoming a serious worldwide health issue, a 2014 study wanted to develop an alternative approach to overcoming this bacteria problem. Twenty Salmonella bacterial strains were first tested with two types of antibiotics, Ceftriaxone and Ciprofloxacin. Both antibiotics acted differently against various strains of Salmonella. Salmonella types resistant to both antibiotics were analysed for antibacterial activity when natural extracts of *Nigella sativa* (Black Seeds) were applied. Black Seed oil was found to be more effective against Salmonella, even those species for which Ceftriaxone and Ciprofloxacin were ineffective.

(Sarwar A1, Latif Z. "GC-MS characterisation and antibacterial activity evaluation of *Nigella sativa* oil against diverse strains of Salmonella." *Nat Prod Res.* 2014 Aug 22:1-5. Department of Microbiology and Molecular Genetics, University of the Punjab , Lahore 54590 , Pakistan)

Antiviral

As an antiviral, recent research done at the National Research Centre, Egypt, found that Black Seed has antiviral activity against viruses including throat infection (inhibition rate of 80%) and antioxidant effects. Researchers concluded it was effective for both viral diseases and oxidative stress (meaning it's an antioxidant).

(*Int J Immunopharmacol.* 2000 Sep;22(9):729-40. — Viral infection, (*Pak J, Biol Sci.* 2011 Dec 1;14(23):1038-46) — Staph infection

3. Increasing immune function

Several peer reviewed studies show that Black Seed Oil helps to relieve respiratory illnesses such as viral infections, colds, and influenza.

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A Japanese study in mice (at Kyushu University, Fukuoka) found that the antiviral effect and immune boosting activity of NK cells (our “natural killer” disease fighters) resulting from Black Seed showed striking effects against liver infection. This is important especially since the infection is a common complication of AIDS. Black Seed does not negatively impact autoimmune disorders like other herbs such as Echinacea, so it can be used effectively by those who suffer from conditions including MS, rheumatoid arthritis, and AIDS.

4. Diabetes Management

Type 2 Diabetes —

Black Seed helps to balance blood sugar levels, and has been shown to be effective to treat type 2 diabetes in several international studies.

Example 1: A 2010 study at King Faisal University, Saudi Arabia, showed improved glycemic control in type 2 diabetic patients tested with Black Seed and diabetes medicine. On 94 patients, the authors concluded, “Results indicate that a dose of 2 grams/day of *Nigella sativa* (Black Seed) might be a beneficial adjuvant to oral hypoglycemic agents in type 2 diabetic patients.”

Example 2: A 2011 study at the University of Montreal showed that Black Seed’s anti-diabetic effect appeared to be due to its ability to improve insulin sensitivity.

(*Crit Rev Food Sci Nutr.* 2010 Aug;50(7):654-65) — blood glucose balancing,

5. Psoriasis and eczema relief

Extract of *Nigella sativa* seeds were evaluated for antipsoriatic activity, externally applied for eruptions of skin. The *Nigella sativa* seed extract produced a significant epidermal difference to the skin surface that was equivalent to the effect of the standard drug used, tazarotene. It also showed good anti-proliferant activity (stopping the psoriasis from spreading) compared to a drug treatment, and showed increase in relative skin thickness when compared to conventional topical cream, confirming its use in psoriasis treatment.

(Dwarampudi LP1, Palaniswamy D, Nithyanantham M, et al., “Antipsoriatic activity and cytotoxicity of ethanolic extract of *Nigella sativa* seeds.” *Pharmacogn Mag.* 2012 Oct;8(32):268-72. doi: 10.4103/0973-1296.103650)

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6. Inhibiting cancer_cell growth

Dozens of recent cancer studies in highly respected publications including *International Journal of Immunopharmacology* (2005), *Oxford's Digestive Disease Sciences* (2009), and the *Journal of Ethnopharmacology* (2011) state that Black Seed supports functions of the immune system's macrophage cells and helper T-cells in cancer patients.

Example: Research conducted at the Cancer Research Laboratory in South Carolina showed that Black Seed Oil fought cancerous tumors without negative side effects associated with chemotherapy. It increased the growth rate of bone marrow cells by 250%, inhibited tumor growth by 50%, stimulated immune cells, and raised interferon production (which protects cells from the destructive effect of viruses). Black Seed is especially effective for cancers with growth that depends on angiogenesis (the process involving the growth of new blood vessels).

(*Cancer Ther.* 2008;6(b):495-510.), (*Am J Chin Med.* 2011;39(6):1075-91), (*Immunol Lett.* 2006 Jul 15;106(1):72-81) & (*HPB--Oxford.* 2009 Aug;11(5):373-81).

Here is more research about its:Anti-inflammatory effects without side effects

A 2003 review states that *Nigella sativa* seed's volatile oil and thymoquinone have been reported to have these properties:

- protect against tissue and blood toxicity caused by disease or chemicals;
- are anti-inflammatory, analgesic, and antimicrobial;
- the oil decreases blood pressure and increases respiration.
- treatment of rats with the seed extract for up to 12 weeks was reported to increase blood haemoglobin, and decrease cholesterol, triglycerides and glucose (blood sugar).
- The seeds have very little toxicity or negative side effects.

(Ali BH1, Blunden G. "Pharmacological and toxicological properties of *Nigella sativa*." *Phytother Res.* 2003 Apr;17(4):299-305. King Saud University, Buraydah, Al Gaseem 81999, Saudi Arabia)

Black Seed's analgesic and anti-inflammatory properties were researched in a 2004 study. Twenty different compounds were identified in the oil, and after physical testing

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in rats and mice, the essential oil was found to produce a significant analgesic effect when given orally, reduced swelling caused by inflammation considerably and when injected. “Both systemic and local administration of Black Cumin Seed Oil showed anti-inflammatory activity. Thymoquinone, one of the major components, probably has an important role in these pharmacological effects.”

(Hajhashemi V1, Ghannadi A, Jafarabadi H. “Black cumin seed essential oil, as a potent analgesic and antiinflammatory drug.” *Phytother Res.* 2004 Mar;18(3):195-9. Isfahan University of Medical Sciences, Isfahan, Iran)

Cardiovascular protection

Medical research in 2013 looked at all studies done for cardiovascular benefits of black cumin from 1960 to 2012, and discussed the role of *Nigella sativa* in cardiovascular diseases. Benefits were definitely found in several areas relating to heart and cardiovascular system protection, but the need of further human studies is needed.

(Shabana A1, El-Menyar A, Asim M, et al., “Cardiovascular benefits of black cumin (*Nigella sativa*)” *Cardiovasc Toxicol.* 2013 Mar;13(1):9-21. doi: 10.1007/s12012-012-9181-z. Department of Cardiology, Hamad Medical Corporation, Doha, Qatar)

Help for low moods

This 2014 study, carried out on students at a boarding school in Bangladesh, examined effect of Black Seed on mood and anxiety in adolescent boys. Forty-eight healthy males aged 14 to 17 years were randomly recruited and split into two groups: one group got one capsule of 500 mg placebo and the other 500 mg *Nigella sativa* daily for four weeks, and were tested for learning ability, mood, and anxiety at the beginning and after four weeks.

No difference was seen at the beginning, but after 4 weeks of one capsule of *Nigella sativa* 500 mg intake, there was statistically significant variation of mood and anxiety; there was also significant variation in short-term memory recall and long-term memory recall. Researchers concluded that use of Black Seed as a nutritional supplement was found to stabilize mood, decrease anxiety and help cognition.

Bin Sayeed MS1, Shams T2, Fahim Hossain S3, et al., “*Nigella sativa* L. seeds modulate mood, anxiety and cognition in healthy adolescent males.” *J Ethnopharmacol.* 2014 Feb 27;152(1):156-62, University of Dhaka, Dhaka-1000, Bangladesh)

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Antioxidant activity

(*Crit Rev Food Sci Nutr.* 2010 Aug;50(7):654-65) — Free radical scavenging

Arthritis relief

(*Phytother Res.* 2007 Sep;21(9):895-7) — Rheumatoid Arthritis

AILMENTS

- **Antiviral / Antifungal / Antibiotic**

Enerex Black Seed Oil is a powerful antiviral and antibacterial remedy, with several recent studies showing that Black Seed can reduce even virulent strains of Salmonella and other bacteria that are becoming resistant to antibiotics. It may also be helpful for viral illnesses as serious as HIV. This potent oil even has a patent for its antibacterial effects, which are said to be due to its unique ingredient called thymoquinone.

- **Immune System**

Enerex Black Seed Oil offers well-researched antioxidant benefits. Studies have found that Black Seed's effects on the immune system's natural killer cells may reduce liver infection; and in one study, cancer tumor growth was reduced by 50% due to Black Seed's effects on immune cells. It is Black Seed's unique ingredients called crystalline nigellone and thymoquinone that knock out invading viruses and destructive renegade molecules that may cause diseases from cancer to arthritis.

- **Allergies / Asthma**

Black Seed is quickly becoming the herbal oil to watch with its anti-inflammatory compounds to reduce symptoms of asthma, hay fever and eczema. This unique oil even has a medical patent for its asthma benefits. **Enerex Black Seed Oil** offers an easy way to take the herbal remedy that has been shown in research to reduce symptoms of allergic reactions that are shown on the skin or in the respiratory system.

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PACKAGING

Why should you care about Enerex Black Seed Oil's bottle? We chose this packaging because it protects the product and the planet.

Enerex products are housed in recyclable glass containers to provide the best protection against oxidation, moisture, sunlight, and "chemical migration" from container to product (so the supplements don't acquire toxins from the plastic). Because the product is an oil, glass is superior to plastic to avoid the transfer of chemicals that can come from plastics and be absorbed by the oil. The glass product is also housed in a box to protect it from breakage during transportation.

TESTIMONIALS

Please leave a testimonial if you really like this product.

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