

BLACK CUMIN SEED OIL– The clinical effects of *Nigella sativa*

Nigella Sativa or black cumin has been used for thousands of years as a natural remedy for a wide range of diseases. Numerous clinical studies underline the supportive effect for the immune system and the optimization of the inflammatory response as well as the improvement of metabolic health.

Improvement of symptoms in asthma and allergies

- ✓ **Positive effects on lung function**
- ✓ **Reduction of symptoms in allergic diseases**

A placebo-controlled study on 80 asthmatics showed the value of black cumin seed oil in the treatment of asthma. Patients received either **500 mg of black cumin seed oil or a placebo twice a day for a period of 4 weeks**.

- ➢ Black cumin seed oil led to a significant **improvement in asthma control of 32%** - the placebo improved it by 18%.

Therapy support for rheumatoid arthritis

A study of 40 women with rheumatoid arthritis confirmed the use of *Nigella sativa* during standard rheumatoid arthritis therapy. The subjects were given **placebo twice a day for one month and then 500 mg of black cumin seed oil twice a day for one month.**

- ➢ Black cumin seed oil **significantly reduced** the **disease activity score by 9%** - the placebo increased it by 0.2%.
- ➢ Black cumin seed oil **reduced the number of swollen joints by 44%** - the placebo reduced it by 4%.

Reduction of cardiometabolic risk factors

A placebo-controlled study of 90 obese women showed that **3 g of black cumin seed oil (8 weeks):**

- ➢ **supported weight loss** and waist circumference reduction
- ➢ **reduced triglyceride and cholesterol levels** (including VLDL) significantly.

References:
Koshak, A. et al. 2017. Phytother Res PTR. 26(8):1246–48. • Gheita, T. A., Kenawy, S. A. 2012. Phytother Res PTR. 26(8):1246–48. • Mahdavi, R. et al. 2015. Food Funct. 6(6):2041–48. • Saadat S. et al. 2021. Phytother Res. 2021 Jun;35(6):2968-2996.

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BIOGENA Black Cumin Seed Oil 1000

can be used as a long-term, preventive and therapy-accompanying agent in a wide range of indications.

- ✓ Highly dosed - 1000 mg Black cumin seed oil per capsule
- ✓ Cold-pressed *Nigella sativa* oil with high content of unsaturated fatty acids
- ✓ Vegan softgel liquid capsules

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