

# BLACK SEED OIL

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*A miracle herb*

## DISCLAIMER

The information and opinions in this booklet are for educational and entertainment purposes only and do not constitute medical or therapeutic advice. The product(s) discussed herein are not intended to diagnose, treat, cure or prevent any disease and has not been evaluated by the FDA or MHRA. If you have concerns regarding a health condition you need to consult your GP or other health care professional.

# Modern use

- The chemical composition of the black seed oil (BSO) is diverse and contains high concentrations of Omegas 3, 6, 7 and 9 (eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA),  $\alpha$ -linolenic acid (ALA), Palmitoleic Acid, Oleic acid), amino acids (arginine, leucine), carbohydrates (glucose, arabinose), minerals (calcium, phosphorus, iron), sterols ( $\beta$ -sitosterol, avenasterol), tocopherols ( $\alpha$ ,  $\beta$ ,  $\gamma$ ), thymoquinone, retinol (vitamin A) and carotenoids ( $\beta$ -carotenes). Polyphenols and fatty acids (such as linoleic, oleic) modulate inflammatory processes and oxidation reactions, which occur during immunological reactions.
- The benefits of BSO are mainly due to its main active compound, **thymoquinone (TQ)**, which has shown anti-inflammatory, and other properties that protect the body from cell damage. The Neter brand BSO has an exceptionally high level of TQ at four percent (4%); this is preserved by storing the BSO in dark violet Miron glass, also ensuring absolutely no preservatives or additives are added.
- Scientific studies have shown BSO to have biological effects that may provide beneficial cellular support especially in situations of diuretic, antihypertensive, antidiabetic, and immunomodulatory, analgesic, antimicrobial, anthelmintics, analgesics and anti-inflammatory, spasmolytic, bronchodilator, gastroprotective, hepatoprotective, renal protective properties.

- The revered seeds of N. Sativa, have been used for centuries in conditions such as, bronchitis, asthma, diarrhoea, rheumatism and skin disorders. Also being used as a liver tonic, digestive, anti-diarrheal, appetite stimulant, to promote menstrual flow, increase milk production in nursing mothers, fight parasitic infections, and support the immune system.
- BSO is so rich in Omega oils; wherein many clinical trials have concluded, this has been the main reason, for the improvement in glucose tolerance, reduction of hepatic gluconeogenesis (glucose production by the liver), and normalisation of blood sugar levels. Therefore, BSO has shown promising potential as an adjuvant therapy for diabetes management, particularly in improving glucose homeostasis and lipid profiles, enhancing insulin secretion and sensitivity, reduce lipid levels, and improve glycaemic control.

# Some of many Potential Benefits

Renal protective

Gastroprotective and antiulcer

Anti-inflammatory and immunomodulatory

Analgesic and antipyretic

Hepatoprotective

Anti-asthmatic and bronchodilator

Antihistaminic and antitussive

Hypertensive

Anti-atherosclerotic and antihyperlipidemic

Anti-hypoglycemic and antidiabetic

Neuroprotectant

Weight support





# Anti-inflammatory and immune modulator

- Inflammation has been known to produce pro-inflammatory cytokines and diverse free radicals creating pre-disposition to various pathologies such as Crohn's disease or ulcerative colitis, gastric infections, and colorectal cancer. The high concentration of TQ in black seed oil may intervene or control in the inflammatory cascade leading, to a delay in the pathology progression and reducing morbidity and maybe mortality.
- TQ suppressing inflammation through inhibition of leukotrienes and interleukin production, important mediators in asthma, allergies and chronic inflammatory processes.
- Although BSO does not work as well as drugs such as Theophylline or Salbutamol, it is important to note that in subjects with very low lung function, BSO can be administered orally, alongside these medications, decreasing wheezing and improved lung function, with no contraindications.





- The oil and its active compounds especially TQ, showed beneficial immunomodulatory properties, augmenting the T- cell and natural killer cell-mediated immune responses, normalising the elevated levels of these macrophage-derived inflammatory mediators.
- TQ also confers the ability to augment the cytotoxic activity of natural killer (NK) cells against cancer cells.
- TQ has shown promising results in preclinical studies as a potential adjuvant, particularly when combined with chemotherapy. It appears to enhance the effectiveness of chemotherapy while potentially mitigating some of its side effects.



# Antimicrobial effect

- BSO main antibacterial properties are primarily due to the presence of compounds like thymoquinone, carvacrol, and thymol, as well as other compounds like thymohydroquinone, limonene, carvone, p-cymene, and  $\gamma$ -terpinene, which contribute to its overall antimicrobial effect.
- Black Seed Oil was tested for antimicrobial effectiveness against different Gram negative and Gram positive bacterial, including bacteria with multiple resistances against antibiotics. The antibacterial activity of TQ and its biofilm inhibition potencies were investigated on 11 human pathogenic bacteria proving significant bactericidal activity against various human pathogenic bacteria especially Gram-positive cocci (*Staphylococcus aureus* and *Staphylococcus epidermidis*) and *Helicobacter Pylori*.
- TQ possessed significant anti-fungal activity towards several phytopathogenic fungi such *Candida albicans*, *Trichophyton*, *Epidermophyton*, and other yeast that cause fungal skin infections.
- Many clinical studies have proven that *N. sativa* is very much effective in treating patients infected with viruses such as Human Immunodeficiency Virus (HIV) as well as Hepatitis C Virus (HCV). The in vitro and in vivo studies of *N. sativa* has also shown antiviral efficacy against some other viruses like Murine cytomegalovirus (MCMV), Papaya Ring Spot Virus, Hepatitis C Virus (HCV), Avian influenza (H9N2), Newcastle disease virus (NDV) and Peste des Petits Ruminants (PPR) Virus.



# Neter Organic Black Seed Oil

- 100% organic, unrefined and cold-pressed Black Seed Oil produced from the seeds of *Nigella sativa*, grown in the Highland of Ethiopia, in small batches and extracted with a traditional slower pressed method, shortly after harvest to retain more healing compounds.
- Many producers use cost-cutting mass production techniques (microwave extraction), and use the cheapest seeds they can obtain, resulting in an inferior product which is often diluted with sunflower oil. Neter black seed oil is made from 100% pure black cumin seeds sourced from selected farms which have the perfect, fertile soil for this crop. The farmers use organic, traditional methods and have several generations worth of experience.
- As a result of this, Neter Black Seed oil has a very high percentage of the most important active ingredient, Thymoquinone (4% per teaspoon serving). The product has been tested in UK laboratories in order to comply with government standards.
- It is bottled in Miron Glass to protect it from the harmful effects of light, increasing its shelf life and preserve its potency.



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