

B SEED

Composition:

Black seed oil – The chemical composition of the black seed oil consists of 32-fatty acids. In these fatty acids:

- 2.5% are stearic acid
- 7.7% are 14-eicosadienoic acid
- 10.3% margaric acid
- 19.9% oleic acid
- 50.2% linoleic acid

The black seed oil contains an adequate quantity of thymoquinone, which has excellent anti-inflammatory and antioxidant properties. Moreover, these seed extracts can also help with the prevention of tumor production. The origin of the black seed oil is from the *Nigella sativa* plant, which is native to the areas of Southern Europe, the Middle East, and Southwest Asia.

The black seed oil has a history of therapeutic usage since 2000 years in different civilizations.

Indications:

The most common indications of black seed oil are:

- Arthritic pain in OA, RA, and AS
- Cardiovascular diseases
- Alzheimer's disease
- Asthma
- Obesity and weight gain
- Diabetes
- High levels of triglycerides & cholesterol in the blood
- Neuroinflammation as in Parkinson disease and Alzheimer's disease
- Skin conditions as psoriasis, dry skin, eczema, and acne
- Fungal diseases
- Infertility in males
- Cancer and tumor production

Functioning:

B SEED contains the black seed oil extract, which is given the name of “Panacea” or **universal healer** due to its potent and beneficial properties. In the case of arthritic diseases, pain occurs due to the destruction of cartilage and inflammation of the surrounding tissue.

The anti-inflammatory function of B SEED helps in reducing intra-joint inflammation and reduces the pain as well.

Other than it, the adequate concentration of black seed oil in B SEED helps in producing the anti-cancer effects due to the presence of thymoquinone.

Prescribing information:

Dosage:

One capsule of B SEED contains:

- 500 mg of black seed oil

The safe limits of B SEED consumption per day are one capsule.

In case of weight loss and other conditions, you can customize these dosages according to your physician’s advice.

Side effects:

No potential side effects of B SEED

Contraindications:

No absolute contraindications of these supplements

References:

<https://pubmed.ncbi.nlm.nih.gov/20582810/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4387228/>

<https://academic.oup.com/fqs/article/2/1/1/4823052>