



Quality is our Passion

Passion Flower (*Passiflora incarnata*)

MEDIHERB®

Black Cumin Seed Forte

M1660

Black Cumin Seed Forte: Support Fat Metabolism and Much More*

Black Cumin seed has been used for centuries as a spice, preservative and remedy. The seeds have a hot, peppery taste and are often added to curries, cheeses and breads. The common name in Arabic means “seeds of blessing”.^{1,2} Eleven archaeological finds just in Egypt alone, trace the presence and use of the plant from around the 28th century BC through to Roman times – this includes a number of dried seeds located in a pot within Tutankhamun’s tomb (around 1323 BC).³

Ancient sources mention Black Cumin seed as a panacea, with application to a wide range of conditions.^{3,4} A panacea is a universal remedy – one that can be used for many applications. Traditional texts record a long history of use for Black Cumin seed across several traditional systems with many actions, applying to many body systems.^{2,5,6} Black Cumin seed has also been used traditionally to support fat metabolism.^{5*}

How Black Cumin Seed Forte Keeps You Healthy

Supports digestion, a healthy liver and the metabolism of fats

In the herbal tradition of India, some herbs such as Black Cumin seed are used to promote “digestive fire”. Strong digestive fire supports good health, such as vitality, healthy immune system function and clear thinking, and assists the elimination of potential toxins from undigested food. Black Cumin seed can also provide a balancing effect or metabolic support for the typical Western diet.^{5*}

Bitter and pungent are two traditional qualities of Black Cumin seed that support the metabolism of fats, as well as the health and normal functioning of the pancreas and liver. This may occur, at least partly by:^{5*}

- invigorating sluggish pancreatic function
- promoting efficient metabolism of fats in the adipose tissues (body tissues composed of fat cells)

Black Cumin seed is also used traditionally to support the healthy functioning of the liver.^{5,7*}

Supports well-being and vitality

Avicenna, a Persian physician born in 980 AD, referred to Black Cumin seed as a restorative that supports the body when tired and dispirited.^{2,8*}

Encouraging results from a clinical study suggest that Black Cumin seed increased vitality in women aged 37 to 71 years who took it at a daily dose of 1.6 grams for 3 months. Those that did not take Black Cumin seed did not experience this effect.⁹ A placebo-controlled trial found healthy male adolescents were more contented after taking Black Cumin seed (0.5 grams daily) for 4 weeks.^{10*}

Supplement Facts

Serving size:	1 Tablet	
Servings per container:	40	
	Amount per Serving	%DV
Black Cumin seed 5:1 extract from <i>Nigella sativa</i> seed 2 g	400 mg	†
† Daily Value (DV) not established.		

Other ingredients: Dibasic calcium phosphate dihydrate, microcrystalline cellulose, sodium starch glycolate, silicon dioxide, magnesium stearate and hypromellose.

Caution: Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional.

Product No

M1660

Content

40 Tablets

Suggested Use

1 tablet daily with food, or as directed.



Professor Kerry Bone
MediHerb Co-Founder and
Director of Research and Development

A Phytotherapist’s Passion

“Philosopher and teacher Rudolf Steiner once said that, for every human illness, somewhere in the world there exists a plant which is the cure. I believe that there is a healing potential locked inside plants which is integral with their evolution, just as it is part of human evolution to learn to tap this wonderful gift of Nature.”

Supports antioxidant activity

Free radicals are highly reactive substances created in the body that may affect cells by interacting with proteins, lipids (fats) and DNA – potentially causing protein oxidation, lipid peroxidation and affecting DNA. Antioxidants help protect cells from the damaging effects of excessive free radicals,¹¹ and are thought to support general health.¹⁰

Superoxide dismutase is one of the main antioxidant enzymes that are part of the body's antioxidant defense system.¹³ Glutathione is not an enzyme, but is produced in the body and works with some of the antioxidant enzymes. There are numerous measures of oxidative stress, including for example, malondialdehyde (MDA, the oxidized product of lipids).¹⁴

A clinical trial found that Black Cumin seed increased blood levels of glutathione in those that took it at a daily dose of 2 grams. The improvement was noticed from 3 months through to 12 months.¹⁵ A clinical trial found that 2 grams of Black Cumin seed taken daily for 6 weeks decreased MDA in the blood.¹⁶ Those that did not take Black Cumin seeds did not experience these effects.^{15,16*}

What Makes Black Cumin Seed Forte Outstanding

Quality Manufacture & Analytical Testing

- Manufactured in Australia to the high standards of international pharmaceutical Good Manufacturing Practice
- Raw material is subjected to tough quality standards, including identification by thin layer chromatography

References

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Quality is our Passion

MediHerb products are developed by experts and leaders in the field of herbal therapy, using scientific evidence and hundreds of years of traditional knowledge.

Kerry Bone and over 20 health care professionals work within MediHerb while still managing their own clinical practices, plus we consult with an advisory board of health care professionals from around the world.

Our products are made using only the highest quality ingredients that are extensively tested for purity and potency. The MediHerb manufacturing plant operates to a strictly regulated pharmaceutical standard and is regularly audited by the Therapeutic Goods Administration (similar to the FDA), the same body that audits conventional pharmaceutical manufacturing facilities. The comprehensive regulations in Australia mean that you receive a safe and effective product that has been manufactured to pharmaceutical standards.

We know from our experience as health care professionals that the quality of a product you take makes a huge difference to the health outcome you experience. We dedicate ourselves to researching and making the best possible products to deliver health solutions that work.



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***These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.**

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