

Sesame Seed Oil

100 Percent Certified Organic Sesame Seed Oil Containing Essential Fatty Acids and Vitamin E

Western cultures have enjoyed the health benefits of sesame seed oil for more than 3,000 years. And today's cutting-edge research continues to uncover a myriad of health benefits for the human body. Sesame seed oil contains several compounds, or lignins, that produce powerful physiological results. In Japan, where sesame seed intake remains especially high, sesamin, sesaminol, and other related compounds are being studied with growing intensity.

How Sesame Seed Oil Keeps You Healthy

Promotes cell integrity and function

Sesame seed oil contains several important antioxidants that are believed to promote the integrity of body tissues in the presence of oxidizing compounds. The antioxidants sesaminol and sesamol maintain fats, including low-density lipoproteins (LDL), in an unoxidized state. Sesamol and sesamol are also antioxidants found in sesame seed oil.[†]

Enhances vitamin E activity

Vitamin E, a fat-soluble antioxidant, protects the body from harmful oxidizing compounds. Sesame seed oil contains gamma-tocopherol, which has little vitamin E activity. However, the sesaminol and sesamin found in sesame seed oil increases vitamin E activity dramatically, acting synergistically with vitamin E to provide antioxidant capacity to the body.[†]

Maintains a healthy liver

Tissue analyzed from animal experiments shows sesame seed oil lignins may promote a healthy liver.[†]

Keeps your heart healthy

Sesame seed oil contains calcium, an important nutrient for the entire vascular system. Animal research suggests that supplementation with sesamin may help maintain normal blood-fat levels by regulating the secretion of fats from the liver.[†]

Supports immune response

Sesamin, through its effect on regulating compounds known as eicosanoids, helps promote a balanced immune and auto-immune response.[†]

Please copy for your patients.

GF This product contains less than 10 parts per million of gluten per serving size or less than 20 parts per million per the suggested use listed on each product label.

[†]These statements have not been evaluated by the Food & Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.



Introduced in 1962



Content:

60 perles

Suggested Use: One perle per meal, or as directed.

Supplement Facts:

Serving Size: 1 perle

Servings per Container: 60

	Amount per Serving	%DV
Calories	2	
Sesame (Seed) Oil	385 mg	

Ingredients: See Supplement Facts.

Other Ingredients: Gelatin, glycerin, water, and carob.

Sold through health care professionals.



800-558-8740 | standardprocess.com

Sesame Seed Oil

What Makes Sesame Seed Oil Unique

Product Attributes

Use certified organic unrefined oil

- › Helps keep more of the natural components, such as sesamin and sesamol, in our Sesame Seed Oil perles

Oil is processed without the damaging effects of light, oxygen, excessive heat, or reactive metals

- › Preserves the integrity of essential fatty acids (EFAs) and minimizes the formation of isomers such as trans-fatty acids[†]

Manufacturing and Quality-Control Processes

Not dissociated into isolated components

- › The nutrients in Sesame Seed Oil are processed to remain intact, complete nutritional compounds

Degreed microbiologists and chemists in our on-site laboratories continually conduct bacterial and analytical tests on raw materials, product batches, and finished products

- › Ensures consistent quality and safety

Vitamin and mineral analyses validate product content and specifications

- › Assures high-quality essential nutrients are delivered

Whole Food Philosophy

Our founder, Dr. Royal Lee, challenged common scientific beliefs by choosing a holistic approach of providing nutrients through whole foods. His goal was to provide nutrients as they are found in nature—in a whole food state where he believed their natural potency and efficacy would be realized. Dr. Lee believed that when nutrients remain intact and are not split from their natural associated synergists—known and unknown—bioactivity is markedly enhanced over isolated nutrients. Following this philosophy, even a small amount of a whole food concentrate will offer enhanced nutritional support, compared to an isolated or fractionated vitamin. Therefore, one should examine the source of nutrients rather than looking at the quantities of individual nutrients on product labels.

Studies on nutrients generally use large doses and these studies, some of which are cited below, are the basis for much of the information we provide you in this publication about whole food ingredients. See the supplement facts for Sesame Seed Oil.

- Akimoto K., Kitagawa Y. Practice effects of sesamin against liver damage caused by alcohol or carbon tetrachloride in rodents. *Ann Nutr Metab.* 1993; 37(4): 218-224.
- Chavali S.R., Zhong W.W. Decreased production of interleukin-1-beta, prostaglandin-E2 and thromboxane-B2, and elevated levels of interleukin-6 and -10 are associated with increased survival during endotoxic shock in mice consuming diets enriched with sesame seed oil supplemented with Quil-A saponin. *Int Arch Allergy Immunol.* Oct 1997; 114(2): 153-160.
- Chavali S.R., Zhong W.W., Forse R.A. Dietary alpha-linolenic acid increases TNF-alpha, and decreases IL-6, IL-10 in response to LPS: effects of sesamin on the delta-5 desaturation of omega-6 and omega-3 fatty acids in mice. *Prostaglandins Leukot Essent Fatty Acids.* Mar 1998; 58(3): 185-191.
- Fukuda N., Miyagi C. Reciprocal effects of dietary sesamin on ketogenesis and triacylglycerol secretion by the rat liver. *J Nutr Sci Vitaminol (Tokyo).* Oct 1998; 44(5): 715-722.
- Gu J.Y., Wakizono Y. Effects of sesamin and alpha-tocopherol, individually or in combination, on the polyunsaturated fatty acid metabolism, chemical mediator production, and immunoglobulin levels in Sprague-Dawley rats. *Biosci Biotechnol Biochem.* Dec 1996; 59(12): 2198-2202.
- Hiramoto K., Ojima N. Effect of plant phenolics on the formation of the spin-adduct of hydroxyl radical and the DNA strand breaking by hydroxyl radical. *Biol Pharm Bull.* Apr 1996; 19(4): 558-563.
- Hirose N., Inoue T. Inhibition of cholesterol absorption and synthesis in rats by sesamin. *J Lipid Res.* Apr 1991; 32(4): 629-638.
- Kang M.H., Katsuzaki H., Osawa T. Inhibition of 2,2'-azobis(2,4-dimethylvaleronitrile)-induced lipid peroxidation by sesaminols. *Lipids.* Oct 1998; 33(10): 1031-1036.
- Kang M.H., Naito M. Sesaminol inhibits lipid peroxidation in rat liver and kidney. *J Nutr.* Jun 1998; 128(6): 1018-1022.
- Kato T., Harashima. Formation of the mutagenic/carcinogenic imidazoquinoline-type heterocyclic amines through the unstable free radical Maillard intermediates and its inhibition by phenolic antioxidants. *Carcinogenesis.* Nov 1996; 17(11): 2469-2476.
- Pitchford P. 1993. *Healing with Whole Foods, Oriental Traditions and Modern Nutrition.* Revised ed. North Atlantic Books: Berkeley, 22, 26, 103, 130, 138, 144-145, 159, 178, 183, 225, 251, 307, 492, 604.
- Yamashita K., Izuka Y. Sesame seed and its lignans produce marked enhancement of vitamin E activity in rats fed a low alpha-tocopherol diet. *Lipids.* Nov 1995; 30(11): 1019-1028.
- Yamashita K., Nohara Y. Sesame seed lignans and gamma-tocopherol act synergistically to produce vitamin E activity in rats. *J Nutr.* Dec 1992; 122(12): 2440-2446.
- Zhao Z.S., Khan S., O'Brien P.J. The prevention of ferric nitrilotriacetate-induced nephro- and hepatotoxicity by methylenedioxybenzene antioxidants. *Chem Biol Interact.* Dec 12 1997; 108(1-2): 107-118.

