



**SCIENTIFIC
RESEARCH**

Rainforest Herbs®



COLD-PRESSED BLACK SEED OIL

Black Seed refers to the seeds of *Nigella sativa*, both a popular spice used in Asian and Middle Eastern cooking and an ancient herbal remedy, with many modern applications in preventing disease and supporting health. Known in Arabic as Habbatus Sauda, most of its ancient herbal uses have been confirmed by modern scientific research. Our Rainforest Herbs Black Seed Oil contains a combination of organic Black Seed Oil with organic Virgin Coconut Oil, two of nature's most important oils for supporting health, both internally and externally.

Black Seed Oil contains several bioactive ingredients researched in more than 750 peer review, clinical and laboratory studies; including thymoquinone and alpha-hederin. These studies confirm that Black Seed Oil has the following properties; anti-diabetic, anti-cancer, immune enhancer, pain relieving, anti-allergic, anti-asthmatic and is a potent antioxidant that also protects the liver, kidneys and stomach from free-radical damage.

Indigestion

Black Seed Oil shows its fastest results in improving digestion and relieving stomach discomfort, gas and heartburn. Studies have shown it provides a natural protection from *H. pylori* infection, a common cause of gastric irritation and ulcer formation.

Asthma & Allergies

Black seed oil is used for respiratory problems, bronchitis, hay fever, sinusitis and asthma and its effects have been confirmed in multiple scientific studies. As a powerful anti-inflammatory and bronchodilator Black seed oil relaxes bronchial spasm and improves respiratory / pulmonary function. Of its active ingredients, nigellone, effectively inhibits histamine and thymoquinone protects from the damaging effects of smoking and relieves coughing.

Immunity

Black Seed Oil increases white blood cells, in particular natural killer cells that seek out and destroy bacteria, viruses and fungi and program our innate immunity, including our defences to common bacterial infections, colds, flu and other viruses. Current research is focused on its anti-tumour and anticancer effects.

Memory & Anti-ageing

Both Black Seed Oil and Virgin Coconut Oil have generated enormous scientific interest for their effects on protecting neurons from deterioration and improving memory and learning. Promising results have also been shown in studies treating conditions of ageing and the elderly, including memory loss, Alzheimer's disease, neurodegenerative conditions and Parkinsons Disease.

إِنَّ فِي الْحَبَّةِ السَّوْدَاءِ شِفَاءً مِنْ كُلِّ دَاءٍ إِلَّا السَّامَ . وَالسَّامُ الْمَوْتُ

In the holy hadith texts of Islam, Prophet Muhammed (SAW) stated that Habbatus Sauda Oil "should be used regularly as it is a cure for every disease except death".



Ibn Senna, also known as Avicenna, who wrote the great medical treatise 'The Canon of Medicine' in 1025AD referred to black seed as the seed 'that stimulates the body's energy and helps recovery from fatigue'.

In the Unani / Tibb School of Medicine that incorporates many of the greatest Arabic & Persian medical discoveries of the ancient world, Black Seed Oil is highly recommended as a miracle herb for infectious conditions due to its powerful immune enhancing properties, while reducing inflammation and fever. Black Seed Oil is often the first remedy used for problems of indigestion and respiratory problems. Externally it is used for skin disorders, wounds, itching and irritations. It prevents greying of the hair and promotes hair growth and prevents dandruff.

CONTACT US TODAY

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NATURAL

USES FOR HAIR

Dandruff & Scalp Itch

Black Seed Oil strengthens the hair follicles and the combination of anti-microbial & anti-inflammatory effects makes it the first choice for scalp irritations and dandruff. By regulating oil production it prevents conditions of excess dry or oily scalp and clogged follicles that contribute to flaking skin while inhibiting the yeast-like fungus, Malassezia.

Premature Greying

Black Seed Oil supports pigment producing hair cells to slow down hair greying and this is best achieved when both taken internally and applied externally

Hair Loss

To promote hair growth and prevent premature balding apply to thinning areas at night (covering ones pillow with a towel). Wash normally in the mornings

NATURAL USES FOR SKIN

The synergy of Black Seed Oil and Virgin Coconut Oil enhances the healing properties for the skin, including for inflammatory skin diseases and protection from premature ageing and sun damage. The combination of Black Seed Oil and Virgin Coconut Oil helps reduce the redness and inflammation in eczema, psoriasis and acne. May also be beneficial as an antifungal remedy against multiple molds and yeasts, especially *Candida albicans*. Similarly, both these oils have a broad spectrum antibacterial effect, even for many strains of antibiotic resistant bacteria. Since ancient times Black Seed Oil has also been used as a romantic massage oil that has dual hygienic and sensual enhancing properties. Apply liberally to the skin before and after moderate sun exposure and to prevent sun spots and skin pigmentation conditions.

BLACK SEED OIL WITH VIRGIN COCONUT OIL

Why combine with Virgin Coconut Oil?

Our pure Black Seed Oil is too concentrated to be consumed on its own or applied externally and it needs to be diluted. Virgin Coconut Oil is the most suited due to its superior stability, shelf-life and synergy due to its unique medium chain fatty acids (MCT's). No other ingredients added. Our Black Seed Oil with Virgin Coconut Oil has a wonderful fresh nutty herbal taste and aroma. Do not refrigerate as Rainforest Herbs Black Seed Oil will solidify in temperatures below 20° Celsius. If this occurs keep in a warm place to return to liquid.



HOW TO USE BLACK SEED OIL

As a Functional Food: Take 1 teaspoon with meals, drizzled on salad or veggies or added to hot drinks. May be sweetened to taste.

May be added to hot milk and taken before bed.

Externally: Massage on affected area, scalp and hair as required.

Do not refrigerate. Keep in a cool and dry place.

Each bottle contains 200ml



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