

# Black Cumin Seed Oil



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# BLACK SEED OIL HAS BENEFITS THAT

May benefit skin and hair health, help reduce inflammation, and support weight loss.

**Black Seed Oil** is an herbal ingredient derived from the plant *Nigella sativa*, which is native to Eastern Europe and Western Asia.

Known for its powerful medicinal properties, black seed oil is a natural remedy that people use to treat a wide range of conditions<sup>1</sup>, including:

- ◆ Headaches
- ◆ Back Pain
- ◆ High Blood Pressure
- ◆ Infections
- ◆ Inflammation

It also offers a long list of science-backed health and beauty benefits, thanks to its content of antioxidants and other bioactive compounds.

This article will look closer at 10 of the best evidence-based benefits of **Black Seed Oil**.

## SKIN CONDITIONS

### May Reduce Acne

Some research shows that **Black Seed Oil** could benefit skin conditions such as acne. This may be due to the antimicrobial and anti-inflammatory properties associated with **Black Seed Oil**.

One study found that using a topical gel made with *Black Seed* extract twice daily for 60 days reduced acne severity by 78%<sup>2</sup>. Researchers noted significant improvement in the number of acne lesions compared with a control group.

## Could Help Treat Psoriasis

There is limited scientific research on the effects of **Black Seed Oil** psoriasis symptoms in humans. However, some people may still find it beneficial as part of a broader professional treatment plan.



Animal studies<sup>3</sup> Source suggest that **Black Seed Oil** could reduce inflammation and other symptoms of psoriasis. Other small studies found that some topical remedies, including **Black Seed Oil**, could help reduce psoriasis symptoms.

However, it is important to note that this study used **Black Seed Oil** combined with other ingredients, so there's no way to know in this case whether **Black Seed Oil** was behind the beneficial effects.

More research is needed to investigate how **Black Seed Oil** may affect psoriasis in people.

## Promotes Wound Healing

**Black Seed Oil** contains a compound called **thymoquinone**, which may stimulate tissue growth<sup>4</sup> Source and promote wound healing.

Studies in animals have found that **thymoquinone** may help treat burns, excisions, and diabetic wounds due to its anti-inflammatory, antioxidant, and antibacterial effects.

Still, additional studies are needed to understand whether **Black Seed Oil** and **thymoquinone** could also promote wound healing in humans.

## May Support Hair Health

Thanks to its antimicrobial and antioxidant properties<sup>5</sup>, **Black Seed Oil** is often added to hair care products, including hair masks and shampoos.

Though many of these products claim to improve the shine, strength, volume, and texture of hair, there is very little research on the benefits of **Black Seed Oil** for hair health.

## Could Aid In The Treatment Of Vitiligo

Some research suggests that **Black Seed Oil** could be beneficial<sup>6</sup> for treating *vitiligo*, a disorder that causes loss of pigmentation in the skin.

One study in 33 people<sup>7</sup> with *vitiligo* found that applying a cream made with **Black Seed Oil** to the skin twice daily improved pigmentation in the hands, face, and genital region after 6 months.

Researchers suggest that the benefits of **Black Seed Oil** may be due to its ability to spread melanin within the skin. Melanin is a type of natural pigment found in your hair, skin, and eyes.



## CHRONIC CONDITIONS

### Reduces Inflammation

Studies<sup>8</sup> have shown that **Black Seed Oil** has powerful anti-inflammatory properties.

This could benefit multiple aspects of health, as some research<sup>9</sup> suggests that inflammation could contribute to the development of many chronic conditions, like type 2 diabetes, heart disease, and cancer.

### Supports Weight Loss

Though the exact way it works is unclear, **Black Seed Oil** appears to promote weight loss and decrease body fat.

A study of 45 women with overweight or obesity showed that taking 2,000 mg of black seed oil daily for 8 weeks<sup>10</sup> decreased appetite and reduced body mass index, body weight, waist circumference, and body fat.

### Improves Blood Sugar Control

Some research shows that **Black Seed Oil** could be beneficial for stabilizing blood sugar levels.

In fact, one review<sup>11</sup> showed that **black seed** could help improve multiple markers of blood sugar control, including insulin levels and blood sugar levels during fasting and after a meal.

### Could Reduce Symptoms Of Eczema

Several studies have found that **Black Seed Oil** could alleviate symptoms of eczema, a skin condition characterized by dry, itchy skin.

One small 2012 study<sup>12</sup> found that **Black Seed Oil** was as effective as betamethasone cream, a type of corticosteroid, at reducing hand eczema severity of hand eczema when applied topically twice daily for 4 weeks.

An animal study<sup>13</sup> also showed that oral and topical administration of **thymoquinone**, a compound found in black seed oil, decreased inflammation and improved symptoms of eczema in mice.

However, more recent, high quality studies in humans are still needed.

## Can Help Prevent Metabolic Syndrome

Research suggests that Black Seed Oil could help prevent metabolic syndrome, a **cluster of conditions** that can increase the risk of heart disease, stroke, and type 2 diabetes.

One study of 55 people<sup>14</sup> with high blood pressure had participants take 2.5 mL of **Black Seed Oil** twice daily for 8 weeks. At the end of the study, those who received this treatment had several positive outcomes.

They experienced reduced levels of diastolic blood pressure, total cholesterol, LDL (bad) cholesterol, and fasting blood sugar, all of which are components of metabolic syndrome.

However, remember that a well-rounded, whole-food diet and an active lifestyle are the best prevention against metabolic syndrome. Supplements like **Black Seed Oil** work best as an addition to a healthy lifestyle.

**Black Seed Oil** is a powerful herbal ingredient associated with a variety of health and beauty benefits.

In particular, it may ease inflammation, lower blood sugar levels, improve skin and hair health, and help you manage your weight.

It's also versatile, affordable, and widely available at most pharmacies and health stores, making it a great ingredient to have on hand.

Last medically reviewed on June 26, 2023

# RESTORE™ INGREDIENTS

## Supplement Facts

Serving Size: 1 fl oz (30ml)

Servings per Container: 15

|   | Amount Per Serving | % Daily Value |
|---|--------------------|---------------|
| Calories  | 15                 |               |
| Total Carbohydrate                              | 4 g                | 1%*           |
| Total Sugars                                    | 3 g                | **            |
| Includes 3g Added Sugar                         |                    | 6%*           |
| Sodium  | 10 mg              | < 1%          |
| Raspberry Extract                               | 250 mg             | **            |
| Turmeric Root Extract                           | 175 mg             | **            |
| (Curcuma longa) (95% Curcumin)                  |                    |               |
| Resveratrol Extract                             | 100 mg             | **            |
| (Polygonum Cuspidatum)(Root)                    |                    |               |
| D-Ribose  | 250 mg             | **            |
| Apple Cider Vinegar                             | 198 mg             | **            |
| Aloe Vera Powder (Aloe Barbadensis)(Inner Leaf) | 10 mg              | **            |
| Black Cumin Seed Oil                            | 175 mg             | **            |

\* Percent Daily Value are based on a 2,000 calorie diet.

\*\* Daily Value not established.



# Notes & Resources

1. [Black Seed Oil Intro](#)
2. [Reduced Acne Severity By 78%](#)
3. [Reduce Inflammation And Other Symptoms Of Psoriasis - PDF](#)
4. [Psoriasis](#)
5. [Stimulating Tissue Growth](#)
6. [Vitiligo is a loss of Skin Pigmentation](#)
7. [Vitiligo Improvement](#)
8. [Powerful Anti-Inflammatory](#)
9. [Inflammation Contributing to Chronic Conditions](#)
10. [Weight Loss - Decrease in Appetite](#)
11. [Blood Sugar Control](#)
12. [Eczema](#)
13. [Animal Study](#)
14. [Study - High Blood Pressure](#)