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Standardized black cumin seed oil cold press efficacy and bioavailability

Black seed (*Nigella sativa*) is an annual flowering plant native to southwest Asia. It is used primarily in candies and liquors, as well as medicinally. Secondary sources report the seeds of the *Nigella sativa* plant have also been used medicinally for over 2000 years in the Middle East and in Southeast Asia. In many Arab, Asian, and African countries, black seed oil is used as a natural remedy for a wide range of diseases, including various allergies. The main potent active in the NS oil is the Thymoquinone (TQ). Orally, black seed is used for treating gastrointestinal conditions including gas, colic, diarrhoea, dysentery, constipation and haemorrhoids. It is also used orally for respiratory conditions, including asthma, allergies, cough, bronchitis, emphysema, flu, swine flu, and congestion. Additionally, it is used orally for hypertension, hyperlipidemia, cancer, and intestinal worms. Traditionally, black seed has been used for headache, toothache, nasal congestion, and intestinal worms. It has also been used for conjunctivitis, abscesses, and parasites. Topically, black seed is used for inflammatory conditions including rheumatism, and skin conditions. In foods, black seed is used as a flavouring or spice.

Biography

Morris Zelkha holds B.Sc. in Chemical Engineering from Ben Gurion University. Over 30 years heading process and innovation groups at Chemicals, Fertilizers and Nutraceuticals manufacturers in Israel and South Africa. At 1995 constructed LycoRed, the tomato Lycopene leading manufacturer, and up to the end of 2014 was the President and CEO of the LycoRed Group. During this period, he was the company leader, leading the company developing unique processing and extraction patented technologies, product innovation, market development, building the consumer awareness to the branded Lyc-O-Mato product (tomato lycopene composition) product. Over 35 registered patents. From 2015 to present partner TriNutra Ltd and Grace Breeding Ltd.

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