

# Sesame Seed Oil

7400

Please Copy for Your Patients

## Sesame Seed Oil Provides 100% Certified Organic Sesame Seed Oil

Western cultures have enjoyed the health benefits of sesame seed oil for over 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. Because the controlled research on sesame seed components is so new, studies have not yet progressed to the point of human research, but to date, the animal models show great promise.

## 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. The results of human research are not yet complete.†

### 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.†



**Introduced in:**

1962

**Content:**

60 Perles

### Supplement Facts:

Serving Size: 1 perle  
Servings per Container: 60

		%DV
Calories	2	
Sesame (Seed) Oil	385 mg	

Sesame Seed Oil 7400



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

# Sesame Seed Oil

## What Makes Sesame Seed Oil Unique

### Unique Product Attributes

This is a vegetarian product

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†

### Unique Processing

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 constantly 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

*Dr. 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 synthetic nutrients. Following this philosophy, even a small amount of a whole food concentrate will offer enhanced nutritional support, compared to a synthetic or fractionated vitamin. Therefore, one should examine the source of nutrients rather than looking at the quantities of individual nutrients on product labels.*

Each perle contains 385 mg sesame seed oil.

**Other Ingredients:** Gelatin, glycerin, water, and carob or caramel.

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

**Sold to health care professionals.**

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.

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