



Black Currant Oil

Stock #1810-9 (90 capsules)

Black currant oil is a rich source of polyunsaturated fatty acids, including gamma linoleic (GLA), alpha-linoleic (ALA), linolenic (LA) and stearidonic acids. These fatty acids are known as essential fatty acids (EFAs), which must be supplied in the diet. Black currant oil contains approximately twice the amount of GLA (16-18%) as evening primrose oil. This makes black currant oil more suitable for individuals who are unable to convert LA into GLA, whether as a result of age, alcohol consumption, diabetes, excessive sugar intake, a diet high in fried foods, or a zinc deficiency. Black currant oil also contains vitamins B and C and rutin (a bioflavonoid).

Black currant oil has been shown to help numerous conditions, including alcoholism, allergies, anemia, arthritis, bowel problems, breast pain, brittle nails, candidiasis, cancer, capillary fragility, coughs, cramps, eczema, female disorders, glaucoma, hair loss, headaches, heart problems, high blood pressure, high cholesterol, hyperactivity, immune system weakness, mental disorders, multiple sclerosis, nerves, neuralgia, obesity, PMS, pregnancy, skin diseases, ulcers and whooping cough.

French researchers indicate black currant oil enhances secretion of cortisol from the adrenal glands, thereby stimulating the sympathetic nervous system, which may prove beneficial for treating stress-related conditions.

Black currant oil contains certain essential fatty acids (EFAs), those not produced by the body and which must be supplied in the diet. EFAs are necessary for the production and balance of prostaglandins, hormone-like substances which regulate all body systems and functions, including the cardiovascular, immune, reproductive, and central nervous systems. EFAs also construct cell membranes, helping to protect cells from invaders such as allergens, bacteria, viruses, and circulating toxins. A deficiency in EFAs can wreck tremendous havoc on the body and can lead to a number of chronic disorders such as allergies, arthritis, cancer, heart disease, and various immunological diseases.

EFA supplementation has been shown to improve arteriosclerosis, assist in preventing arthritis, lower blood pressure and restrict blood clot formation, regulate body temperature, slow the growth rate of breast cancer, reduce cholesterol and triglyceride levels, produce energy, build nerve sheaths, and improve eczema and psoriasis. Essential fatty acids are used in the treatment of alcoholism and candidiasis, as well as asthma, glaucoma, hair and skin problems, hangovers, headaches, hyperactivity in children, inflammatory conditions, intermittent claudication, multiple sclerosis, obesity, painful menstruation and PMS.

Essential fatty acids are found in high amounts in the brain where they assist in the transmission of nerve impulses. EFAs are necessary for normal brain function. Japanese researchers have verified that a deficiency of EFAs can result in an impaired ability to learn and recall information.

Black currant oil contains the essential fatty acid GLA (gamma linoleic acid). GLA acts as a precursor to the prostaglandin, PGE₁, which aids immune function, reduces inflammatory conditions, protects against heart and vascular disease, regulates brain function and nerve impulses, and balances the action of insulin. GLA supplementation in diabetics has been proven to enhance nerve function and prevent diabetic nerve disease. GLA has been shown to increase metabolism and the rate at which fat is burned and is highly effective for weight reduction and treating obesity. Also, research studies have found individuals having insufficient amounts of GLA are more likely to acquire communicable diseases, as GLA helps protect and support the immune system. GLA-rich oils, such as black currant oil, may also be helpful for treating hyperactivity and schizophrenia.

GLA has been found to help lower cholesterol and excessive blood clotting, and has been used to provide relief to angina sufferers. GLA also acts as an anti-inflammatory, aiding both joint pain and skin conditions.

Researchers surmise that a deficiency of GLA may trigger over-sensitivity to the hormone prolactin, which can lead to many PMS-related symptoms. GLA may also be effective for treating fibrocystic breast disease.

According to a study published in 1982 in the *S. A. Medical Journal*, researchers found that two different types of esophageal cancer cells, treated with GLA, died after seven days. Additional studies published in *Medical Hypotheses* confirm GLA's ability to deter cancer progression. Furthermore, studies show malignant liver cells return to their normal form when GLA is combined with the cell culture.

The best whole-food source of GLA, other than human milk, is spirulina. GLA-rich oils are extracted from the seeds of black currant and evening primrose.