

Terry Talks Nutrition

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KEY WORDS:

Decrease in blood pressure
Reduce the risk of inflammation
Lower blood cholesterol levels
Reduce the risk of thrombosis
Alleviate cardiac arrhythmias
Regulate lipid metabolism
Hypertension
Body fat

There are many blackcurrant oil capsules and formulations on the market. However, there is only one clinically researched blackcurrant seed oil extract from blackcurrants based on berries and plants harvested from the pure and well-preserved Arctic wilderness, and extracted by CO2 extraction methods. The long freezing winters and midnight sun of the short summers endow the Arctic plants with an intense vitality which is then processed and refined into a unique and special blackcurrant seed oil extract (BC105) which can be used to promote human health and well being. Due to their harsh living conditions, Arctic blackcurrant berries contain vast superior amounts of active compounds when compared to plants growing in gentler southern climates. Environmentally friendly state-of-the-art technology (CO2 extraction)*, the extraction process of the oil, takes place without the use of heat or chemicals and allows the valuable fatty acids, vitamins and antioxidants to be extracted from the blackcurrants in a form which is just as genuine, active and pure as nature intended it. The purity of the raw materials and the high quality of the CO2 extraction process makes the blackcurrant seed oil extract (BC105) suitable for use as a medicinal product. The efficacy and safety of the bioactive compounds contained in this blackcurrant seed oil extract has been substantiated scientifically. In northern Europe



Blackcurrant Seed Oil Extract for Cardiovascular Health and Cholesterol Balance

and in the Scandinavian countries, the beneficial effects of blackcurrants are well known. Blackcurrants also contain an abundance of health promoting bioflavonoids and fiber. However, the first prize for health effects must go to the blackcurrant seed oil extract (BC105) as the fatty acids and vitamin E that it contains promote cardiovascular health. Blackcurrant seed oil extract (BC105) harvested near the Arctic Circle are made unique by their diverse fatty acid composition. This special blackcurrant seed oil extract contains an optimal ratio of essential omega-3 and omega-6 fatty acids that the body requires and also offers a rich source of rare gamma-linolenic acid (omega-6) and stearidonic acid (omega-3). This unique composition of omega-6 and omega-3 in a ratio of 4:1 would be a perfect solution for vegetarians and persons who are allergic to fish. Stearidonic acid is rare and found only in a few plants in the world. Blackcurrant seed oil extract (BC105) contains the most abundant content of this omega-3 fatty acid. It is approximately 3% of the blackcurrant seed oil extract.

Blackcurrant seed oil extract and cholesterol profile: A balanced cholesterol profile, i.e. low in LDL, high in HDL and HDL to LDL ratio, is considered an important constituent of the scientific evidence of healthy cholesterol metabolism, helping individuals remain healthy and reducing the risk of cardiovascular disease. In a recently published clinical study, oral supplementation of blackcurrant seed oil extract (BC105) reduced blood total and LDL cholesterol levels and increased HDL cholesterol levels at the same time resulting in a significant increase in the HDL-LDL ratio by as much as 11%.

Blackcurrant seed oil extract reduces body fat accumulation: A balanced fat metabolism is essential for controlling body fat accumulation and avoiding obesity. Blackcurrant seed oil extract (BC105) is rich in omega-3 and omega-6 polyunsaturated fatty acids which activate fat catabolism (fat-burning) and reduces excessive fat synthesis. Scientific evidence suggests that black-

currant seed oil extract may help control obesity and manage body weight. Blackcurrant seed oil extract lowers inflammation: Blackcurrant seed oil extract (BC105) is rich in gamma-linolenic acid and stearidonic acid, two fatty acids with anti-inflammatory properties. Gamma-linolenic acid is a precursor of dihomogamma-linolenic acid which is further converted to anti-inflammatory local hormones. Stearidonic acid inhibits the biosynthesis of inflammatory hormones. The anti-inflammatory potential of this special blackcurrant seed oil extract has been demonstrated in a lately published clinical study.

Blackcurrant seed oil extract may reduce the risk of hypertension: Scientific evidence exists suggesting Blackcurrant seed oil extract (BC105) may be helpful in the management of blood pressure and reducing the tendency of hypertension.

*Supercritical CO2 is the extraction process of choice for producing high grade bioactive plant and oil extracts. Carbon dioxide is non-toxic, odorless and tasteless and can be easily and completely removed from the extract. CO2 extracts meet the most stringent process methods and have a high biologically active extract ratio and can be labeled as all-natural. Oils in plants that are extracted using the CO2 method contain no heavy metals, are completely pure and safe, provide no base for germ growth or need preservation. Supercritical CO2 extraction works at very low temperatures, preserves sensitive plant constituents and avoids the risk of biologically active components being destroyed by oxidation. CO2 extracts are 100% natural, authentic, highly concentrated and offer the user the highest level of key active constituents that are found in the plant or oil.

When in doubt, always consult your physician or health care practitioner. This column is to provide you with information to maintain your health.

Subscribe to a free weekly health newsletter at www.TerryTalksNutrition.com.

Terry recommends this formula for your best health:

Blackcurrant Seed (*Ribes nigrum*) Oil (BC105) 1,000 mg

Containing optimal natural ratio 4:1 of omega-6 (GLA) and omega-3 standardized concentration using supercritical CO2 extraction technology.

Look for this column every Wednesday.

Terry Naturally



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