Sesame Seed Oil

100 Percent Certified Organic Sesame Seed Oil Containing Essential Fatty Acids and Vitamin E

Western cultures have enjoyed the health benefits of sesame seed oil for more than 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.

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 sesamolinol maintain fats, including low-density lipoproteins (LDL), in an unoxidized state. Sesamolin 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.†

*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.†
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

Manufacturing and Quality-Control Processes
Not disassociated 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 continually 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

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.


Whole Food Philosophy

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