

Cuminol is the steam extract of remote-source cumin seed grain in the mountain valleys of the Mediterranean. There is a significant amount of research on the power of this oil. In one study it was determined that oil of cumin increased the production of glutathione (in the form of glutathione-s-transferase) in human tissue by up to 700%. This is a massive result. Glutathione is the body's first line of defense against oxidative damage. It is also the key compound for assisting the body, particularly the liver and kidneys in the removal of noxious chemicals. Oil of cumin has definite action on the liver, as measured by the improvement in the flow of bile. Stools generally are darker in color with the ingestion of this oil. Cumin is an ideal summer spice, since it has great cooling effects.

Cuminol is a potent antioxidant. Scoring 2800 on the ORAC scale, it is higher than most of the food antioxidants, such as blueberry, acai, and spinach. So it exceeds three great antioxidant powers. The introduction of internal antioxidant production, the increase of bile synthesis, and the fact that as a potent antioxidant it is more powerful than typical antioxidants such as beta-carotene, vitamin E and vitamin C make Cuminol a great addition to the diet. Cumin is a very good source of iron and also a good source of manganese, a nutritional treasure.

The value of this spice is also attested to by the fact that many cultures and civilizations have highly valued cumin for millennia, and it continues to happen. Generation after generation has handed down usage and formulations for this precious spice. The Ebers Papyrus, which was written in Egypt about 1500 B.C., mentions the use of several spices as medicines, including cumin. Cumin has been in use since ancient times. Seeds excavated at the Syrian site Tell ed-Der have been dated to the second millennium BC. The Old Testament recognized the role of apothecaries in compounding ointments. Cumin is mentioned in the Bible in both the Old Testament (Isaiah 28:27) and the New Testament (Matthew 23:23). It was valued so highly that it was used as a currency to pay tithes to priests. It was also known in ancient Greece and Rome and was introduced to the Americans by the Spanish. Its healing properties are still valued and used in natural and Ayurvedic healing.

How to use Cuminol: simply take five drops daily under the tongue or in juice/water with a fat- rich food. Always, Cuminol is most powerful with fat. Use as part of an extra virgin olive oil flush, 20 drops per quarter cup. Stay healthy with Cuminol, one of nature's most powerful spices.



To place an order: North American Herb & Spice, P.O. Box 4885, Buffalo Grove, IL 60089  
1-800-243-5242 • 1-847-473-4700 • fax: 1-847-473-4780 • www.p-73.com

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