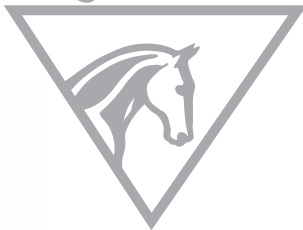


EQUISTRO®



Parts used: Fruit

Botany

This plant is indigenous to Eurasian forests as far as the Himalayas, Canada and Australia. This sturdy perennial bush grows up to 2 m high. The multi-seeded, black, glandular berries develop from the ovary.

Constituents

Rich in many phytonutrients, (antioxidants, vitamins, essential fatty acids) and minerals. Particularly renowned for their high content in vitamin C, GLA (Gamma-Linoleic acid) Omega-6 essential fatty acid and potassium as well as flavonoids (rutin, isoquercitrin and myricetin) and anthocyanins.

Possible Interactions

Herbs - None documented. Drugs - None known

Comments

Blackcurrant seed oil is particularly rich in essential fatty acids (6-19% gammalinoleic acid and 13% alpha-linolenic acid). GLA reduces production of IL-1 which is involved in inflammation in diseases such as arthritis. Initial research suggests an anti-inflammatory action. Blackcurrant extract has also been shown to increase peripheral blood flow in a blinded human study.

BLACKCURRANT *RIBES NIGRUM*

➔ Pharmacopoeia and Other Monographs
BP 2007, USP 29

Vétoquinol
Signe de Passion

