

Can sesame-based ingredients reduce oxidative stress?

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The antioxidant boosting properties of sesame, and especially sesame oil, can have a significant effect on oxidative stress, improving human health, according to a systematic review published in *Journal of Medicinal Food*.

Luciana de Almeida Vittori Gouveia and coauthors, Rio de Janeiro State University and Rio de Janeiro Federal University, Brazil, assessed the published evidence on the effects of consuming sesame-based ingredients on markers of oxidative [stress](#) in people with [high blood pressure](#), elevated cholesterol, and type 2 diabetes. Multiple clinical trials reported increased levels of antioxidants and a reduction in [oxidative stress](#) with sesame consumption, particularly for individuals with hypertension and also with type 2 diabetes.

The article "Effects of the Intake of Sesame Seeds (*Sesamm indicum L.*) and Derivatives on Oxidative Stress: A Systematic Review" includes further discussion of the potential positive effects of sesame on different populations.

"In addition to the clinical trial results reviewed in this article, preclinical studies have also shown that sesame oil is very effective in preventing atherosclerosis," says *Journal of Medicinal Food* Editor-in-Chief Sampath Parthasarathy, MBA, PhD, Florida Hospital Chair in Cardiovascular Sciences and Interim Associate Dean, College of Medicine, University of Central Florida.

More information: Luciana de Almeida Vittori Gouveia et al, Effects of the Intake of Sesame Seeds (L.) and Derivatives on Oxidative Stress: A Systematic Review, *Journal of Medicinal Food* (2016). [DOI: 10.1089/jmf.2015.0075](https://doi.org/10.1089/jmf.2015.0075)

Provided by Mary Ann Liebert, Inc

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