ONION: THE MEDICINAL VEGETABLE

Many people dread cutting onions because they bring tears to the eyes. The compound that causes the eyes to burn is a phytoneutrient known as IsoAlliiin that is produced when sulfur-compounds released by the onion’s ruptured cells are exposed to air. Onions contain more than 100 sulfur-containing compounds. IsoAlliiin has been found to prevent the biochemical chain of events that lead to asthma and respiratory ailments. The Liu group found when they treated cancer cells with different onions extracts that pungent yellow onion extracts provided the strongest anti-proliferation protection against colon cancer cells, and shallots yellow extracts provided the strongest anti-proliferation protection against liver cancer cells. In the ancient times the Greeks and Romans used onions for their medicinal value. They used Onions to treat headaches, snakebites, hair loss, and infertility. Experts believe that as little as 2 or 3 onions per week have a significantly positive impact on health. Furthermore, onions don’t have to be eaten raw to maximize their health benefits. Quercetin is relatively stable while being cooked so it retains all its powerful goodness to aid overall wellbeing.

NOW & FOR THE FIRST TIME, onion is available as a supplement ingredient: New-UNIO®, for convenient tabulation and/or encapsulation.

References


Disclaimer: Maca has not been tested by the U.S. Food and Drug Administration, nor approved by them, and should no be used to diagnose, prevent, treat or cure any disease.

New-UNIO®
Standardized/Deodorized proprietary blend of the highest quality of medicinal onions

Onion may help:
Lower blood sugar
Cardiovascular functions
Gastrointestinal functions
Boost bone health
Prevent cancer
Clearing Sinuses and Improving respiratory Function

Onion’s active ingredient:
IsoAlliiin (precursor to flavor & medicinal compounds)

Other Ingredients:
dipropyl & methyl propyl di- and trisulfides vit C, VitB6, folate, potassium,Chromium, phosphorus, flavonoids, quercitin, dietary fibers & copper.
What is Onion?

Onions are vegetable bulbs & stems belonging to the Lily family. They are native to Asia and the Middle East and have been cultivated for over 5000 years. Egyptians used them as currency to pay the workers who built the pyramids and they placed them in the tombs of kings, such as Tutankhamen with spiritual significance to the afterlife. Onions are popular for their culinary use and for their therapeutic properties. As early as the 6th century, onions were used as a medicine in India. Onions were an indispensable vegetable in the cuisines of many European countries. The word onion comes from the Latin word unio for “single,” or “one,” because the onion plant produces a single bulb, unlike its cousin, the garlic, that produces many small bulbs. The name also describes the union (also from the unio) of many separate, concentrically arranged layers of the onion. Christopher Columbus brought onions to the West Indies; their cultivation spread from there throughout the Western Hemisphere. Today China, India, the United States, Russia, and Spain are among the leading producers of onions.

Family: Alliaceae  Genus: Allium
Species: A. Cepa
Common names: Red onion, pearl onion, white onion, shallot, etc..
Scientific Name: Allium Cepa
Country of Origin: China, India, Spain, Russia & USA
Main Active Ingredient: Iso-Alliin
Appearance: creamy beige
Taste: characteristic/ slightly deodorized
Soluble: dispersable/soluble
New-Unio® is a standardized/Deodorized proprietary blend of the highest quality of medicinal onions( shallots, Red onion & several others...)
New-Unio® is available in granular, bulk EC capsules, soft gel and/or tablets

For samples and/or any additional information, please contact us via Tel, Fax or e-mail your request to:
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Onion Clinical Research

Increased intakes of the compound quercetin, found in onions and apples, may reduce the risk of developing cancer of the colon by 50%, as reported recently by the British Journal of Nutrition based on a new study.

Researchers Carlotta Galeone, of the Istituto di Ricerche Farmacologiche “Mario Negri” in Milan, and colleagues found that moderate consumption of onions appeared to reduce the risk of colorectal (cancer of the colon and rectum), laryngeal (cancer of the short passageway just below the neck) and ovarian cancers.

Onions may also help maintain healthy bones. Gamma-L-glutamyl-trans-S-1-propenylcysteine sulphoxide (GPCS) inhibits the activity of osteoclasts (the cells that break down bones). This may be especially beneficial for women who are at increased risk for osteoporosis as they go through menopause.

Other potential health benefits of onions include several anti-inflammatory agents that reduce the severity of symptoms associated with the pain and swelling of osteo- and rheumatoid arthritis, the allergic inflammatory response of asthma, and the respiratory congestion associated with the common cold. Also, quercetin and other flavonoids found in onions work with vitamin C to help kill harmful bacteria and are helpful when added to soups and stews during cold and flu season.

The physicians desk reference notes that many women throughout the 20th and into the 21st centuries ate onions in order to bring about the onset of menstruation. Onions play an important role in our life and are beneficial for the heart, healing of wounds, and perhaps even the induction of menstruation.