



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 phytonutrient known as IsoAlliin 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. IsoAlliin 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

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New-UNIO®

**Standardized/Deodorized
proprietary blend of the highest
quality of medicinal onions**



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

Onion's active ingredient:
IsoAlliin (precursor to flavor & medicinal compounds)

Other ingredients:
dipropyl & methyl propyl di- and trisulfides vit C, VitB6, folate, potassium, Chromium, phosphorus, flavonoids, quercetin, 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 use 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

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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.