

Black seed oil doesn't cause stomachache

The health benefits of black seed oil are well known but the kind available in our markets is rather harmful, as tests conducted by Bangladesh Council of Scientific and Industrial Research (BCSIR) show, and can cause stomachache and other health issues. Besides, directly consuming oil can cause heartburn, gastric, ulcer and other health problems. However, properly prepared black seed oil is indeed nutritious.

Purnava Limited (a subsidiary of Renata Limited), a local company, has produce an enteric coated soft gelatine capsule of black seed oil. The capsules contain 100 percent pure, strong, cold-pressed natural black seed oil, providing all the health benefits without causing any heartburn. Purnava Limited has scientifically ensured and confirmed the capsules have no side-effects. Research by the formulators shows the following health benefits of the capsules.

It reduces harmful cholesterol such as LDL, triglyceride, and at the same time, increases good (HDL) cholesterol that effectively controls body fat. It helps control blood pressure. It increases haemoglobin, haematocrit, red blood cells, white blood cells, and platelets. It is effective in increasing male testosterone production rate.

The health benefits of black seed oil are intrinsic because it contains 21 percent protein, 38 percent carbohydrate and 35 percent edible oil and fat besides including fatty acid.

Black cumin seed oil contains linoleic acid, oleic acid, calcium, potassium, iron, zinc, magnesium, selenium, Vitamin-A, Vitamin-B, Vitamin-B2, niacin and Vitamin-C. It has cancer-preventive carotene and other ingredients to prevent urinal diseases, digestive enzyme and anti-acid ingredient and preventive ingredients for acid reflux diseases.

CleanAva ensures no-formalin

Deceitful traders use formalin in vegetables, fruits, fish and other food items in a bid to preserve the items for a longer time for gaining more profit. Formalin, which is used in textile, plastic, paper, colour, construction and preserving dead bodies, could be extremely dangerous for the human body. Dishonest people use formalin, despite knowing the adverse effects of the chemical. Hence, we worry about buying fruits-vegetables from markets.

Purnava Limited (a subsidiary of Renata Limited) has brought CleanAva, a formalin cleaner, to ensure you eat fruits and vegetables not contaminated with formalin. CleanAva is the easiest way to remove hazardous elements, such as pesticide and formalin from vegetables and fruits, making them fresh and fully nutritious without any health risk. Made from natural ingredients, CleanAva is extremely effective in removing formalin from fruits and vegetables. Keep the vegetables, fruits or fish in CleanAva for 10-15 minutes. This will remove harmful elements such as pesticide and formalin for sure.

Lab tests confirm using CleanAva for

30 minutes before eating will remove 99 percent of the pesticides, formalin and other risky elements, confirms Rezaul Karim, a senior scientist of Bangladesh Council of Scientific and Industrial Research (BCSIR). He said that CleanAva is made with necessary tests at BCSIR lab. Using it on food items, and then washing those well with ordinary water will remove any formalin. But, time is very important. After using CleanAva, you have to wait for minimum 10-15 minutes, otherwise it will not be effective.

Carbide and formalin are thoroughly used in imported fruits such as apple, grape etc. Formalin delays the



decomposition of fruits, so most of the vendors use it.

He added that formalin is also used in local markets for seasonal fruits such as amla and olive. We often end up eating these fruits without washing it after buying them from roadside vendors. In restaurants, customers are served with salad made of green vegetables such as lettuce and carrot, without being properly washed and cleaned. Restaurant authorities should also be aware about removing formalin from food items, or else human health would be affected.

There are formalin and carbide cleaners available in the market now, but most are not capable of totally removing the hazardous items. However, CleanAva is a lot more effective in such cases, said Rezaul Karim.

Dolonchapa adds new route

Keeping with the commitment towards providing a journey without harassment for women commuters on their day-to-day life, Dolonchapa buses have been deployed on a new route - Manikdi ECB Circle to Azimpur. Dolonchapa, a women-only bus service, which is a project of passion of Sohana Rouf Chowdhury, was launched on 3 June, 2018, to ensure a safe and comfortable commute from Mirpur 12 to Motijheel.

Each Dolonchapa bus is equipped with four CCTV cameras, with 24/7 sur-

veillance, fire extinguisher, a first-aid box, 36 seats, out of which, 9 are reserved for challenged and pregnant women. Additionally, this is also the first ever public bus service with a mobile app, with which, commuters are able to connect themselves to the emergency security, fire and ambulance services, know the real-time location of the bus with the help of vehicle tracking system, BRTA fare chart, and much more. Aside from that, another great motive of this service is to create a large platform for female

employment. Each bus has two women conductors and the workforce behind the operation of this service consists mainly of women. With a number of plans concerning women empowerment and security ahead, Dolonchapa is consistently maintaining such a standard that can be a role model for other public buses on the road. At present, a total of four buses are in operation on two routes in Dhaka city.

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