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**A comprehensive review on the anti-cancer properties and mechanisms of action of
sesamin, a lignan in sesame seeds (*Sesamum indicum*)**

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Abstract

Sesamin is the major active ingredient in *Sesamum indicum* seeds. Several studies revealed that sesamin possesses potent anti-cancer properties. The anti-cancer effects of sesamin have been mainly attributed to its anti-proliferative, pro-apoptotic, anti-inflammatory, anti-metastatic, anti-angiogenic, and pro-autophagocytic activities. In this review, we provide a comprehensive summary of the reported anti-cancer effects of sesamin, both *in vitro* and *in vivo*. Experimental findings related to the potential of sesamin to attenuate oxidative stress,

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