



Black Cumin Oil Capsules

Nutritional supplement with unsaturated fatty acids

Useful information:

The pure, Egyptian cold-pressed oil from the seeds of the genuine black cumin (*Nigella sativa*) is widely-known to be a precious gift from Nature. Its diverse applications have been recorded now for over 2,000 years. Each capsule contains 500 mg pure Egyptian black cumin oil with around 84% biologically active, unsaturated fatty acids.

Ingredients: Pure Egyptian black cumin oil (cold pressed, 73 %)*, gelatine, humectant glycerine, antioxidant extracts containing strong tocopherols of natural origin.

* from controlled organic cultivation. DE-ÖKO-001

81 % of ingredients from an agricultural origin have been obtained according to the basic regulations for ecological cultivation.

	per capsule	per daily dose (= 6 capsules)	per 100 g capsules
Black Cumin Oil	500 mg	3000 mg	73 g
of which fat	500 mg	3000 mg	73 g
of which saturated fatty acids	80 mg	480 mg	12 g
unsaturated fatty acids	420 mg	2520 mg	62 g
of which unsaturated fatty acids	125 mg	750 mg	18 g
polyunsaturated fatty acids	295 mg	1770 mg	43 g

Nutrient Reference Value for daily consumption according to Regulation (EU) No. 1169/2011 not available.

Recommended use: Swallow 3 capsules 2 x daily with plenty of liquid.

Keep dry and out of direct sunlight. Store below 25°C.

Nutritional supplements should not be used as a replacement for a balanced, varied diet, and do not replace a healthy lifestyle. Keep out of reach of young children. Do not exceed the recommended daily dose.

Contents 400 capsules = 264 g

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