

# Black Cumin Seed Oil 1000



## Black cumin oil: A natural gem that has been appreciated for thousands of years

Nutty, herbaceous, peppery. The spicy-hot black cumin oil brings with it a very special flavour, not only in terms of taste, but also in terms of content. However, in order to extract the coveted traditional oil, it is first necessary to get up early: Even before sunrise, the fruit capsules of the true black cumin (*Nigella sativa*), studded with oil seeds, are harvested to protect them from the moisture of the morning dew or fog.

The heat-loving black cumin plant has its roots in the West Asian region. From the Bosphorus, *Nigella sativa* soon made its way to North Africa, Southern Europe, India and Pakistan and established itself in the local cuisines as a spice, oil and in seed form. Soon the people of these regions also recognised the inner values of the velvety-black seeds and their cold-pressed oil and specifically consumed the natural jewel as an accompaniment to food or used it for external care. In cold-pressed form, black cumin oil captivates with a fine mixture of unsaturated fatty acids, which are rounded off by a wealth of other plant-specific ingredients. Of particular interest here are the linoleic acid and the oleic acid as well as the mix of valuable essential oils, which are contained in different compositions depending on the cultivation area.

## Biogena Black Cumin Seed Oil 1000 - because quality knows no compromise

With passion and high pressure, Biogena set out on a worldwide search for a first-class drop of black cumin oil. We found what we were looking for in Egypt, where the cultivation of black cumin has been a tradition since the time of the Pharaohs and the oil was convincing on all levels - from the gentle processing to the excellent end product.

Biogena Black Cumin Seed Oil 1000 impresses with this exquisite oil from Egyptian *Nigella sativa* seeds (true black cumin) and offers it to you as a practical alternative for on the go in the form of capsules. Three of the high-dose capsules are enough to reach the recommended daily dose of 3 g of black cumin oil. The capsules contain all the high-quality ingredients that are also found in the pure oil. Due to the cold pressing, these - the unsaturated fatty acids, above all linoleic acid and oleic acid, as well as the plant-specific essential oils - remain largely unaffected.

## Black Cumin Seed Oil 1000

- With high-quality cold-pressed oil from the seeds of the true black cumin (*Nigella sativa*).
- Highly dosed, with a high content of unsaturated fatty acids. A large part of these are linoleic acid and oleic acid.
- With valuable, plant-specific essential oils.
- 100 % vegan thanks to presentation in a vegan liquid capsule.

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## Uses

- As a natural source of unsaturated fatty acids accompanying a healthy and balanced diet
- To supply the plant-specific essential oils
- We especially recommend regular consumption in winter and spring

## Bioavailable micronutrients in pure form

- According to the pure substance principle
- Without colorings and flavors
- Gluten-free
- Lactose-free
- Vegetable capsule shell
- 100 % vegan
- Tested quality

INGREDIENTS per daily dose	3 capsules	% NRV*
Black cumin oil	3000 mg	-
<i>thereof unsaturated fatty acids</i>	<i>2500 mg</i>	<i>-</i>
<i>thereof linoleic acid</i>	<i>1650 mg</i>	<i>-</i>
<i>thereof oleic acid</i>	<i>750 mg</i>	<i>-</i>

\* % OF NUTRIENT REFERENCE VALUES IN ACCORDANCE WITH EU REGULATION 1169/2011.

## INGREDIENTS

Black cumin oil (*Nigella sativa*), modified starch (capsule shell).

## RECOMMENDED DOSAGE

3 capsules daily taken with a meal and plenty of liquid.

## NOTE

Food supplement in accordance with EU Directive 2002/46/EC

## ADDITIONAL NOTE

The fatty acid composition is subject to natural variations.

## PACKAGE SIZE AND CONTENT

90 capsules (1 month supply), 114 g

Food supplement: The recommended daily dosage should not be exceeded. Not a substitute for a balanced and varied diet and a healthy lifestyle. Store in a dark, dry place at room temperature. Protect from heat. Keep out of reach of children. The information provided here is not a statement on healing or a recommendation to self-medicate. Subject to print or typographical errors. Version: 28.07.2022



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