

# Organic black cumin oil



## Black cumin oil: a natural jewel appreciated for thousands of years.

The oil from *Nigella sativa*, the black cumin, is known as the oil of the pharaohs. Nutty, herbaceous, peppery. Black cumin oil brings a very special touch not only in taste, but also in content. However, in order to extract the coveted traditional oil, it is necessary to get up early for the first time: 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 roots of the heat-loving black cumin plant can be found in the West Asian region. From the Bosphorus, *Nigella sativa* made its early foray into North Africa, Southern Europe, India and Pakistan, establishing itself in local cuisines as a spice, oil and in seed form. Soon the people of these regions also recognized the inner values of the velvety-black seeds and their cold-pressed oil, consumed the natural jewel specifically to accompany food and applied it for external care.

## Cold-pressed from Egyptian black cumin (*Nigella sativa*)

BIOGENA organic black cumin oil is a very special oil. Through careful production, the best of the genuine black cumin (*Nigella sativa*) is truly brought out in careful and passionate craftsmanship. In terms of taste as well as substance, the essence of the seed is captured in this premium oil. The premium oil impresses in particular with its high content of the naturally contained omega-6 fatty acid linoleic acid. It also contains valuable essential oils such as thymoquinone.


The oil is slightly spicy and yet mild in taste. On the nose, it is reminiscent of freshly cut grass. It tastes slightly nutty and has a gentle peppery note. A real treat for the palate!

BIOGENA organic black cumin oil is particularly suitable for the preparation of cold dishes and is recommended, for example, to refine salads, spreads, curd or cottage cheese.

## BIOGENA Organic Black Cumin Oil

- High-quality cold-pressed oil from the seeds of the true black cumin (*Nigella sativa*) in organic quality
- With a high content of unsaturated fatty acids, especially linoleic acid
- Replacing saturated fatty acids with monounsaturated and/or polyunsaturated fatty acids in the diet helps maintain normal blood cholesterol levels
- With valuable, plant-specific essential oils
- Handcrafted: Handmade by master craftsmen
- Violet glass: All-round protection for high-quality ingredients

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## Uses

- As a natural source of unsaturated fatty acids to accompany a healthy and balanced diet
- To supply the essential oils specific to the plant
- To prepare cold dishes
- To refine salads, spreads or dairy products such as curd or cottage cheese recommended

## Premium oil in pure form

- Cold first pressing from germinable seeds
- Made in Austria from Egyptian organic black cumin
- Raw food quality
- Tested quality

NUTRITIONAL VALUE TABLE:	per 100 ml
Energy	3390 kJ / 825 kcal
Total fat	92 g
of which saturates	15 g
of which monounsaturated fatty acids	25 g
of which polyunsaturated fatty acids	52 g
thereof omega-6 fatty acid linoleic acid	50 g
essential oil thymoquinone	0.2 g
Contains small amounts of carbohydrates, sugar, protein and salt.	0 keine

## NOTE

Directions for use: Add 1-2 teaspoons daily over cold dishes or salads or take directly.


## PACKAGE SIZE AND CONTENT

100 ml

Store away from heat. Close the bottle tightly after opening and store in the refrigerator. From controlled organic cultivation AT-BIO-301, non-EU Agriculture. As this is a natural product, the stated nutritional values - especially the thymoquinone content - may be subject to natural fluctuations. Possible printing and typesetting errors reserved. Status: 15.06.2023



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