

Black Cumin Seed: *Nigella sativa*

Organic Black Cumin Seed Oil

Origin: India

Black Cumin seeds have been used throughout history in the Middle East, the Mediterranean and India to keep people in good health for over 3,300 years.

HISTORICAL USES

The first reported discovery was in Egyptian Pharaoh Tutankhamun's tomb whereby archaeologists confirmed that King Tut had a bottle of black cumin seed oil in his tomb for use in the afterlife. Cleopatra reportedly used black cumin seed oil for beautiful hair and skin and Hippocrates was known to have used it to assist with digestive and metabolic disorders.

Practitioners of Ayurveda and Chinese Traditional Medicine have also, for thousands of years, used Black Cumin seeds to treat an extensive list of mild to extreme health conditions.

CONFUSION OVER NAMING

Black Cumin Seed Oil comes from the *Nigella Sativa* plant and is known to carry several common names, including Kalonji, Black Coriander and simply Black Seed Oil which can often be confusing.

The thin, angular, black, crescent-shaped seeds look as though they are directly related to onion seeds and black poppy because of their color and similar fruit capsule. The plant also resembles common or Indian cumin and has been mistaken for caraway, fennel and coriander because of its leaf shape. Botanically, however, black cumin, is a member of the buttercup family, *Ranunculus*, and is unrelated to these plants.

Known in the Middle East as 'The Seed Of Blessing' Black Cumin has been regarded as one of the most powerful anti-inflammatory herbs ever to exist.

In recent years, the oil has been put to the test with hundreds of studies to confirm its long list of reported health benefits and support its bold claim of being the most effective "all-in-one" health food in existence.

ACTIVE COMPOUNDS

The small black seeds contain over 100 known chemical compounds and yet some of the ingredients are still to be discovered and identified. The main active compounds in black cumin seed oil are crystalline nigellone and thymoquinone. The oil also contains beta sitosterol, myristic acid, palmitic acid, stearic acid, palmitoleic acid, oleic acid, linoleic acid, arachidonic acid, proteins and vitamins B1, B2 and B3. Calcium, folic acid, iron, copper, zinc and phosphorous are also present.

Black Cumin Oil's high content of phytosterols play an important role in maximising the body's health and wellbeing.

Qualities

- Rich in essential fatty acids and proteins, phytosterols, vital minerals and other synergistic compounds
- Rich in vitamins B1, B2 and B3
- 100% pure, sustainably grown and ethically sourced

Some have gone as far to outlandishly claim Black Cumin Seed Oil cures everything but death.

Instructions For Use

Love Black Cumin Seed Oil supports the entire body and can be used undiluted on the skin or taken as a food oil for general good health and overall wellbeing.

More is not better. Save your money as only 1 teaspoon a day will keep your body happy.

May be mixed with juice or honey to make more palatable.