



Black cumin CCD

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Black cumin CCD is a combination of black cumin seed oil, garlic oil macerate standardized for the content of alliin and vitamin D.

Supports the proper functioning of the immune system.

Vitamin D and garlic support the proper functioning of the immune system.

Black cumin oil

The supplement contains cold-pressed black cumin oil.

Black cumin oil is made from the seeds of the black cumin seed known as Egyptian black cumin. It is characterized by a high content of unsaturated fats, including polyunsaturated fats, which include omega-6 fatty acids. The omega-6 fatty acid is linoleic acid (LA), which helps maintain normal blood cholesterol levels. The beneficial effect is obtained when consuming 10 g of LA per day. Replacing saturated fats with unsaturated fats in the diet helps to maintain normal blood cholesterol levels [mono- and polyunsaturated fats are unsaturated fats].

Garlic

The preparation contains garlic oil macerate (*Allium sativum*) standardized for 2% alliin content.

Garlic contributes to the proper functioning of the immune system and the proper functioning of the respiratory system.

2000 IU of vitamin D₃

Vitamin D supports the proper functioning of muscles and the immune system, and is also involved in the process of cell division. In addition, it helps maintain healthy bones and teeth.

Application:

The preparation is recommended for adults in order to supplement the diet with ingredients supporting the functioning of the immune system. It is recommended

especially in the autumn and winter season and during the spring solstice.

Recommended use:

Adults – 1 capsule daily with a meal. Do not exceed the recommended daily dose. Dietary supplements cannot be used as a substitute (replacement) for a varied diet. Maintaining proper health requires a balanced diet and a healthy lifestyle.

Warning:

Before use, it is advisable to perform a 25- (OH) D blood test and consult a doctor or pharmacist.

Ingredients:

black cumin seed oil (*Nigella sativa*) cold pressed, gelatin (shell component), garlic oil macerate (*Allium sativum*) standardized for 2% alliin content, humectant: glycerol, cholecalciferol.

The daily dose (1 capsule) contains:	
Black cumin seed oil	448mg
garlic oil macerate, including:	50 mg
alliin	1 mg
unsaturated fatty acids, including:	421 mg
monounsaturated fatty acids, of which	143 mg

oleic acid (omega-9)	136 mg
polyunsaturated fatty acids, of which:	278 mg
linoleic acid (omega-6)	262 mg
vitamin D3 50 µg	50 µg (2000 IU) (1000%**)

**% of the nutrient reference value

Storage:

Store at room temperature in a dry and dark place. Dietary supplements sh

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