



## *Black Cumin Cold-Pressed Oil*



**Black cumin** (*Nigella sativa*) is commonly known as black caraway. The oil extracted through cold-pressing from its seeds has a distinctive flavour and scent. Moreover, black cumin oil is high in unsaturated fat, including polyunsaturated fat which includes omega-6 fatty acids. One of omega-6 fatty acids is linoleic acid (LA) which

contributes to the maintenance of normal blood cholesterol levels. The beneficial effect is obtained with a daily intake of 10 g of LA. Replacing saturated fats with unsaturated fats in the diet contributes to the maintenance of normal blood cholesterol levels [MUFA and PUFA are unsaturated fats]. Maintaining normal health requires a varied and balanced diet and a healthy lifestyle.

Do not use cold-pressed black cumin oil to heat up or fry food.

**INGREDIENTS:** cold-pressed black cumin seed oil.

Nutrition declaration per 100 ml:	
Energy value	3397 kJ/826 kcal
Fat, of which:	91.8 g
saturates	14.4 g
mono-unsaturates	22.6 g
polyunsaturates	54.8g
Carbohydrate, of which:	0 g
sugars	0 g
Protein	0 g
Salt	0 g
Omega-6 (linoleic acid)	52 g

Omega-9 (oleic acid)	21 g
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**NOTE!** A natural sediment may form.

**Storage conditions:** Store in room temperature.

Place of provenance: EU.

**Volume:**

- 250 ml netto

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