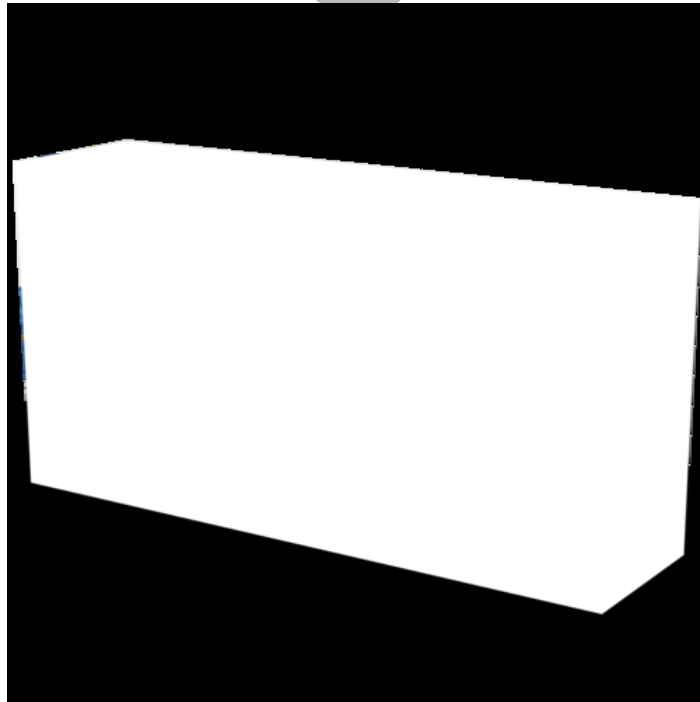




Black Cumin MAX



Benefits:

- 30 capsules
- contains 1000 mg of black cumin oil in a capsule
- contains vitamin A
- helps maintain healthy skin

- helps in the proper functioning of the immune system
- 1 capsule a day
- recommended for adults to supplement their daily diet with unsaturated fatty acids and vitamin A

Black cumin MAX is a diet supplement that contains black cumin oil, which is made from the seeds of the black cumin, known as the 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].

Vitamin A helps in the proper functioning of the immune system and helps maintain healthy skin.

Application

The preparation is recommended for adults to supplement their daily diet with unsaturated fatty acids and vitamins.

Recommended use

Adults – 1 capsule a day 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.

Attention!

Pregnant and breastfeeding women should consult a doctor before consuming the preparation.

Ingredients

Black cumin seed oil (*Nigella sativa*) cold pressed, gelatin (shell component), humectant: glycerol, retinyl palmitate (vitamin A).

Daily dose (1 capsule) contains:

- Black cumin oil – 1000 mg, including:
 - 843 mg unsaturated fatty acids, of which:
 - 246 mg monounsaturated fatty acids, of which:
 - 231 mg oleic acid (omega-9),
 - 597 mg polyunsaturated fatty acids, of which:
 - 571 mg linoleic acid (omega-6),
- Vitamin A 320 µg (40% NVR).

Storage

Store at room temperature, in a dry and dark place, in a dry and dark place. Dietary supplements should be stored out of the reach of small children.

Pack:

- 30 capsules