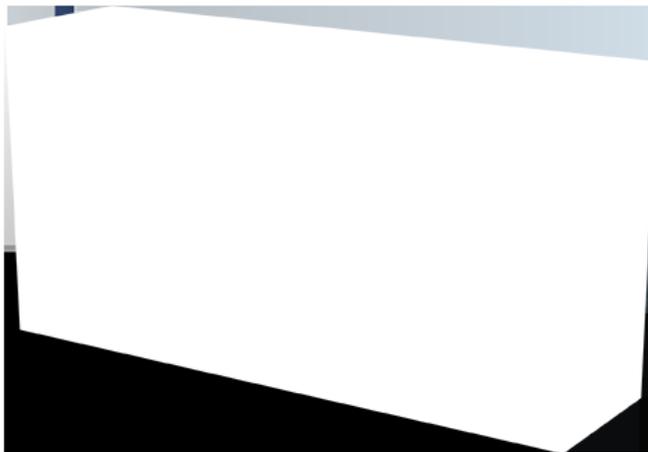




Black Cumin



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].

Vitamin A contributes to the normal function of the immune system and to the maintenance of normal skin.

Intended use: product is recommended for children aged 13 years or more and adults to supplement their diet in unsaturated fatty acids and vitamin A.

Recommended use: children aged 13 years or more and adults – 1 capsule twice a day during a meal. Do not exceed the recommended daily dose. Food supplements should not be used as a substitute for a varied and balanced diet. Maintaining normal health requires a varied and balanced diet and a healthy lifestyle.

NOTE! Pregnant and breastfeeding women should consult a physician before using the product.

Ingredients: cold-pressed black cumin seed oil, gelatin (shell ingredient), retinyl palmitate, emulsifier: polyoxyethylene sorbitan monolaurate (polysorbate 20).

* % of nutrient reference value Daily dose (2 capsules) contains:	
Pack: black cumin seed oil, of which:	1000 mg
• 60 capsules unsaturated fatty acids, of which:	836 mg
monounsaturated fatty acids, of which:	250 mg
oleic acid (omega-9)	234 mg
polyunsaturated fatty acids, of which:	586 mg
linoleic acid (omega-6)	566 mg
vitamin A (retinol equivalent)	320 µg (40%*)

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