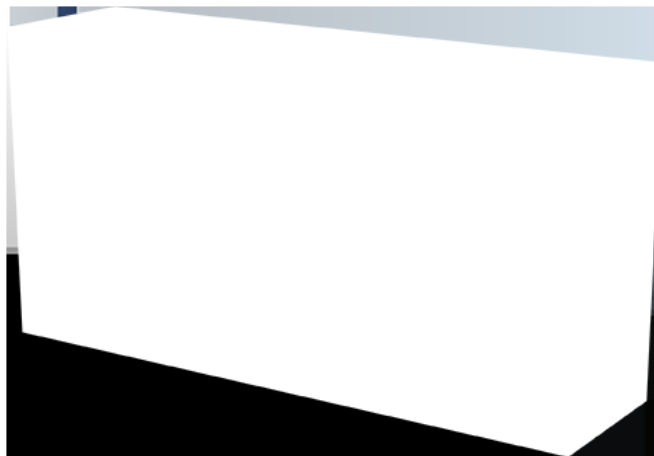




## *Black Cumin*



**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 <b>Daily dose (2 capsules) contains:</b>	
<b>Pack:</b> 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%*)

*Plik wygenerowany na stronie Oleofarm.pl*