



Black Cumin Oil Plus Capsules

Food supplement with black cumin oil and vitamins

Interesting facts:

The pure, Egyptian cold-pressed oil from the seeds of the genuine black cumin (*Nigella sativa*) is widely-known to be a precious gift from Nature. Its diverse applications have been recorded now for over 2,000 years. And to add to your health still further, we have added Vitamin E, which helps to protect the body's cells against oxidative stress. In addition, the product features pantothenic acid and folic acid, which unfold their effects in various aspects of our metabolism. This combination is rounded off with biotin, which is important for the skin and mucous membranes, and Vitamin D3 for a healthy, active immune system.

Ingredients: Pure Egyptian Black Cumin Oil (cold pressed) (68 %)*, Gelatin, Glycerin humectant, thickening agent Silicon Dioxide, Vitamin E, filler Sunflower Oil, Calcium D-Pantothenate, colorant Ferric Oxide, emulsifier **Soy Lecithin**, Vitamin D3, Folic Acid, Biotin.

*Certified organic. DE-ÖKO-001

79 % of the agricultural ingredients were produced in accordance with the rules of organic production.

	per capsule	per daily dose (=6 capsules)	% of the recommended daily requirement (NRV)*
black seed oil	500 mg	3000 mg	**
of which fat	500 mg	3000 mg	-
of which saturated fatty acids	80 mg	480 mg	-
unsaturated fatty acids	420 mg	2520 mg	-
of which			
monounsaturated fatty acids	125 mg	750 mg	-
poly unsaturated fatty acids	295 mg	1770 mg	-
vitamin E *** natural	6,7 mg (10 I.U.)	40,2 mg (60 I.U.)	335
pantothenic acid	6 mg	36 mg	600
biotin	100 µg	600 µg	1200
folic acid	100 µg	600 µg	300
vitamin D3	2 µg (80 I.U.)	12 µg (480 I.U.)	240

* NRV = Nutrient reference value for the daily intake according to VO (EU) No. 1169/2011

** No reference value has yet been established

*** alpha-TE

Suggested use: Take 2 capsules three times daily with sufficient liquid.

Store in a dry place below 25°C. Protect from light. Nutritional supplements should not be used as a substitute for a varied, healthy diet. Keep out of reach of young children. The recommended daily dose should not be exceeded.

Made in Germany

Contents 180 capsules = 129 g

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