



Organic Black Cumin Oil

Egyptian, cold-pressed,
100% natural

Organic black cumin oil contains a high proportion of biologically active, polyunsaturated fatty acids, especially linoleic acid. With a daily intake of 10 g it contributes to a normal cholesterol level. This corresponds to 20 g Black Cumin Oil.

Organic black cumin oil can be enjoyed on its own or it may be used in salads or other cold appetizers. The oil not only has excellent properties, but also the delicate flavour. Also suitable for external application. Helps treat impure skin.

Average nutritional values	per 100 ml
Caloric	3404 kJ / 828 kcal
Fat	92 g
of which are:	
saturated fatty acids	15 g
monounsaturated fatty acids	23 g
polyunsaturated fatty acids*	54 g
Carbohydrates	0 g
Fibres	0 g
Protein	0 g
Salt	0 g

*of which linoleic acid: 51 g

Ingredients: 100 % Egyptian black cumin oil from controlled organic cultivation.

The consumption of Organic Black Cumin Oil does not substitute a varied and balanced diet and do not replace a healthy lifestyle.

Protected from light and keep at room temperature. Do not heat.



DE-ÖKO-001
Egyptian Cultivation

Contents 100 ml

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