



## 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 and 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
of which linoleic acid	51 g
Carbohydrates	0 g
Fibres	0 g
Protein	0 g
Salt	0 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.

Store in a cool place.



DE-ÖKO-001  
Egyptian Cultivation

**Contents 250 ml**

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