

# Black Seed Oil

**nigella sativa** 1-Ounce

Black Seed (Nigella Sativa) is a traditional herb that has been used for centuries to promote health and general well-being. Also known as Black Cumin, Black Caraway, or the "Blessed Seed", Black Seed has a rich and diverse chemical composition containing the phytochemicals thymoquinone and crystalline nigellone, antioxidants, amino acids, proteins, carbohydrates, essential fatty acids, and minerals like calcium, iron, and potassium.\*

Since 1959, over 500 peer-reviewed studies at international universities and untold journal articles have been published on this multi-faceted herb, and many of Black Seed's components are still being discovered and researched.\*

Millions of people in Asia, the Middle East, Eastern Europe, and Africa have used Black Seed for thousands of years to support the body with a variety of concerns like respiratory health, stomach and intestinal complaints, circulatory and immune system support, and skin conditions.\*

Black Seed may support metabolism and improve digestion, and published studies have shown that it may have a healthy effect on blood sugar levels.\*

Thymoquinone, the chief bioactive constituent in Black Seed, holds promising pharmacological properties against several diseases. It exhibits outstanding antioxidant, anti-inflammatory, anticancer, and other important biological activities.\*

## uses

- Shake well before each use. Take up to 30 drops (1 full dropper or 1ml).\*

gōDesana

Product Information Page



## ingredients

Concentrated Unrefined Organic Cold-Pressed Nigella Sativa (Black Seed) Oil

## responsible cautions

- May increase the effect of anticoagulant drugs.
- Consult with a physician before use if you have a serious medical condition or use prescription medications.
- Keep out of reach of children and pets.
- If you are pregnant, nursing, or under a doctor's care, consult your healthcare provider prior to use.
- Store away from sunlight, at room temperature, with the lid securely tightened.

*\*The information in this document has not been evaluated by the FDA and is not intended to treat, diagnose, cure, or prevent any disease. This information is not intended as a substitute for the advice or medical care of a qualified healthcare professional and you should seek the advice of your healthcare professional before undertaking any dietary or lifestyle changes. This information is provided for educational purposes only.*