

PRODUCT SUMMARY

Cumin+ has a warm, earthy flavour and aroma with a bit of both sweetness and bitterness. Toasted, spicy and earthy, cumin is an international cuisine superstar. A drop of Cumin+ will make all the difference between mediocre and memorable in your chilli, curry and stew recipes.

PRODUCT BACKGROUND

Cumin+ essential oil is produced by distilling the seeds of the cumin plant and can deepen and enrich the flavour of Indian, North African and Middle Eastern recipes. Cumin is a small, flowering, herbaceous plant from the Apiaceae family that is native to the Middle East and South Asia.

Although we now think of it as a spice, cumin was once used by the ancient Egyptians during ceremonial rituals. In the Middle Ages, cumin seed was known as a symbol of love and fidelity and was often carried by brides and grooms at the wedding ceremony for good luck.

HOW TO USE

- Take 1-2 drops daily in a vegetable capsule.
- Add a drop to warm water after meals.
- Banish boring from your cooking. Anywhere your recipes call for ground cumin, add a drop of Cumin+ for complex, savoury flavour.
- Dilute 1 drop with 1 drop of carrier oil. Put in a capsule and take up to 3 times daily.



INGREDIENTS

Cumin (*Cuminum cyminum*)* seed oil
*100% pure essential oil

CAUTIONS

Keep out of reach of children. Avoid contact with eyes. If you are pregnant, nursing, taking medication or have a medical condition, consult a health care professional prior to use. If contact with skin occurs, avoid direct sunlight and UV rays for up to 12 hours. Plus essential oils should not be used as a substitute for a varied diet. Do not exceed the recommended daily dose.