

# Black Cumin Seed Oil

Product Size: 105 ml

Item No. 42418

Cold-pressed from *Nigella sativa* seeds, Black Cumin Seed oil is a treasured pantry staple with deep roots in Middle Eastern and Indian culinary traditions. Known for its distinctive nutty, peppery flavour, it adds depth and character to everyday dishes. Drizzle over salads, stir into vegetable dishes, or mix with honey for a bold, warming boost of flavour. Vegan-friendly and versatile, it's an easy way to enrich your meals.

## Directions

For adults, take up to 1 tsp. (5 ml) up to twice daily with food.



## Benefits and Features

- Cold-pressed from *Nigella sativa* seeds grown and sourced in Turkey.
- A versatile pantry staple with a distinctive nutty, peppery flavour.
- Suitable for drizzling over meals or adding to recipes.
- Sugar-free and low in sodium.

## Suggested Use

- Use as a spice when preparing Middle Eastern or Indian recipes.
- Drizzle over salads, breads or vegetable dishes to add depth of flavour.
- Add to a teaspoon with honey or incorporate into smoothies, yogurt, or other foods as part of your daily routine.
- Combine with other Young Living Plus oils to experiment with flavour pairings.

## Caution

Keep out of reach of children. Not intended for use during pregnancy or nursing. If you are taking medication, consult a health care professional prior to use.

## Storage

Store upright in a cool, dry place away from sunlight.

## Ingredients

Black cumin (*Nigella sativa*) seed oil.



# Black Cumin Seed Oil

## Nutrition Information

Serving Size: 1 teaspoon (5 ml)

Servings Per Container: 21

Typical Values	Per Serving	Per 100 ml
Energy	174 kJ/42 kcal	3484 kJ/833 kcal
Fat	4.6 g	93 g
of which saturated	4.6 g	93 g
Carbohydrate	0 g	0 g
of which sugars	0 g	0 g
Fibre	0 g	0 g
Protein	0 g	0 g
Salt	0 g	0 g

