

BLACK SEED OIL

Item No. 31056 Size: 106 ml

PRODUCT SUMMARY

Are your dishes feeling a little dull? We're here to help! Add a touch of Middle Eastern flavour with Young Living Black Seed Oil, a traditional spice used for over 3,000 years in a range of delicious dishes.

Black Seed Oil is cold pressed from the tiny black seed of the *Nigella sativa* plant, a flowering shrub from Egypt. With its herbaceous, oregano-like flavour, Black Seed Oil is ideal for curries, breads and anything else your inner chef can come up with.



KEY INGREDIENTS

100% pure, Seed to Seal-certified Black Seed Oil

EXPERIENCE

With its peppery, oregano-like flavour, Black Seed Oil brings added nuance and complexity to any dish. Take your taste buds on a journey by introducing some mystery to your cuisine with Black Seed Oil.

PRODUCT BACKGROUND

Black Seed Oil is harvested from *Nigella sativa* seeds and cold pressed to help maintain the chemical composition of the oil. These seeds are grown in Egypt, where they have been discovered in the tombs of Egyptian pharaohs. Known in the Middle East as "The Seed of the Blessing" or *habbatus sauda*, *Nigella sativa* has been used by the people of the region for more than 3,000 years.

FEATURES & BENEFITS

- Peppery, oregano-like flavour
- Vegan
- Contains essential fatty acids, antioxidant properties, vitamins and trace minerals
- Composed of unsaturated fats including linoleic and oleic acid

SUGGESTED USE

- Use in your favourite breads or curry dishes to give them a little more flavour and infuse your recipes with the benefits of Black Seed Oil.
- Commonly used in Africa, Asia and Middle Eastern cuisines.
- Drop on your tongue for Black Seed Oil's antioxidant properties.
- Use in conjunction with a balanced diet.

DIRECTIONS

Shake well before using. Add 1-2 drops to any savoury recipe and stir well to enhance flavour.

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CAUTIONS

Keep out of reach of children. If you are pregnant, nursing, taking medication or have a medical condition, consult a health professional prior to use.

STORAGE

Store at 2°C to 8°C after opening.
Refrigerate. Do not freeze.

FREQUENTLY ASKED QUESTIONS

Q: What does Black Seed Oil taste like?

A: Black Seed Oil has a peppery, oregano-like flavour.

Q: Can Black Seed Oil be applied to the skin?

A: Black Seed Oil is labeled for internal use only. For topical benefits, try V-6™ Vegetable Oil Complex.

INGREDIENTS:

Nigella sativa (Black seed) oil

OTHER POPULAR PRODUCTS



Oregano essential oil
Item No. 360502



Coriander essential oil
Item No. 352702



Cilantro essential oil
Item No. 26975



Nutmeg essential oil
Item No. 359902