

Black Seeds

nigella sativa

8 ounces

HBNaturals
PRODUCT INFORMATION PAGE



ingredients

Organic Nigella sativa seeds

suggested uses

- Lightly toast seeds to release the essential oils. Heat in a frying pan on low for a few minutes or until flavor becomes bland. Black Seeds can be eaten whole or ground into a powder. They can be used to flavor soups, stir-fries, or other recipes, added to smoothies, yogurt, and lattes, used as a zesty garnish for salads, and incorporated into baked breads, etc.

responsible cautions

- May increase the effect of anticoagulant drugs.
- Not for use during pregnancy or while nursing except under the supervision of a qualified healthcare practitioner.
- Consult with a physician before use if you have a serious medical condition or use prescription medications.
- A doctor's advice should be sought before using this and any supplemental dietary product.

*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.

product summary

Black Seed (Nigella Sativa) is a traditional herb that has been used for centuries to both as a flavoring for food and to promote health and general well-being.*

Also known as Black Cumin, Black Caraway, or the "Blessed Seed", Black Seed has a rich, diverse chemical composition containing phytochemicals thymoquinone and crystalline nigellone, antioxidants, amino acids, proteins, carbohydrates, essential fatty acids, and minerals.*

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, anti-cancer, and other important biological activities.*

Black Seeds have been used for centuries as a spice in Indian and Middle Eastern cuisines. They have a savory, pungent, slightly peppery flavor profile and can be used to add zest to curries, soups, stir-fries, salads, breads, smoothies, etc.*