

## Food Black Cumin Oil 50 ml

EAN: 8410885077172 FABRICANTE: MARNYS



*It is the oil of the pharaohs in liquid format. Obtained by cold pressing the seeds of Nigella sativa.*

### DESCRIPTION

#### What is Alimentary Black Cumin Oil and what is it for?

MARNYS® Pure Black Cumin Oil is made from the seeds of *Nigella sativa*, through a cold-pressing process. This method of obtaining ensures that all your properties are kept in their best state.

This oil contains at least 55-65% linoleic acid and 1.28% thymoquinone. Linoleic acid, known as Omega-6, is an essential fatty acid that acts as a precursor for other fatty acids synthesized by the liver. Thymoquinone is a volatile component of Black Cumin, belonging to the group of benzoquinones, which has been shown to have interesting bioactive properties.

MARNYS® Pure Black Cumin Oil has a light yellow color and emits a fresh and aromatic aroma, similar to that of black pepper with a hint of nutmeg. It is especially suitable for vegetable-based dishes such as stir-fries, stews and salads, as well as for use in baking and confectionery. In fact, in India, it is a common ingredient in their traditional naan bread.

Black Cumin seeds contain a high concentration of various types of Omegas: 3, 6, 7 and 9 (such as oleic, palmitoleic, linolenic and linoleic acids). They also present amino acids such as arginine and leucine, carbohydrates such as glucose and arabinose, minerals such as calcium, phosphorus and iron, sterols such as  $\beta$ -sitosterol and avanesterol, tocopherols such as  $\alpha$ ,  $\beta$ ,  $\gamma$ , thymoquinone, retinol (vitamin A) and carotenoids such as  $\beta$ -carotenes.

*Nigella sativa*, commonly known as black seed or black cumin, belongs to the Ranunculaceae botanical family. Although it originated in South and Southwest Asia, it is currently cultivated in areas such as the Middle East, North Africa, and Southern Europe. This plant usually reaches between 20 and 90 cm in height and produces flowers that vary in color from white to pale blue or purple. The seeds of *N. sativa* have traditionally been used in various cultures as food preservatives, additives or spices, and its oil is also used for its healthy properties.

MARNYS® Pure Black Cumin Oil is suitable for people who follow a vegan diet.

#### What properties does Food Black Cumin Oil have?

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It has the property of being a good food preservative, additive or spice.

### What is the composition of Alimentary Black Cumin Oil?

100% black cumin seed oil ( *Nigella sativa* ), obtained by cold pressing

### How is Alimentary Black Cumin Oil used?

Alimentary use. 1 teaspoon, 1-2 times a day, before meals or added to food already served (salads, stews or soups). Do not heat. Shake well before use.

