bio-farma

Black Cumin 60 Capsules

EAN: 5420008537370 **FABRICANTE:** PRANAROM

The dosed vegan capsules contain an oil obtained from the first cold pressing of the seeds of Nigella sativa, also known as black cumin. This extraction process guarantees the conservation of the active components of the oil, which are valued for their beneficial properties for health. Black Cumin Oil is a pure, natural source of nutrients and essential fatty acids, which can help strengthen the immune system, improve cardiovascular health, and protect skin and hair. Also, being suitable for vegans.

DESCRIPTION

What is Pranarom Black Cumin Oil used for?

Black cumin oil is used to combat various skin conditions such as acne, psoriasis or herpes zoster. In addition, its antioxidant capacity makes it suitable as an anti-aging food supplement, being an interesting option for those looking to take care of their skin from within.

What are the ingredients of Pranarom Black Cumin Oil Capsules?

Nigella sativa* ; Starch gelatin (Tapioca starch); Glycerin; Water; Antioxidant : extract rich in tocopherol.

* Ingredient from Organic Farming (Control Certisys BE-BIO-01).

What is the recommended daily dose of Pranarom black cumin oil capsules?

It is recommended to take 2 to 4 capsules a day from 18 years of age. Treatment should be followed for a period of 1 to 3 months.

What precautions should I take regarding Pranarom Black Cumin capsules?

This product should be kept out of the reach of children and the recommended dosage should not be exceeded. Store in a cool, dry place, protected from light and heat. Please note that this product is not a medicine and should not be used as a substitute for a varied and balanced diet and a healthy lifestyle. In addition, it is important to take into account that the oil obtained by cold pressing is not refined and can be unstable at high doses, so its consumption is not recommended for vulnerable groups such as children under 18 years of age, pregnant or lactating women. It is advised to consult with a health professional before use.

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