BLACK SEED OIL

NIGELLA SATIVA

Country of Origin: Egypt
Cold Pressed from seeds
Dark amber
Minimum 5% Thymoquinone

HOW WE SOURCE

Black seed oil is only as good as how it is grown, pressed, and kept. We source our black seed oil from regions where Nigella sativa has been cultivated and used for generations - not as a supplement trend, but as a daily oil. The seeds are grown in their traditional climates, where soil, sun, and growing conditions are well suited to the plant.

Black Seed oil (Nigella sativa), also known as Black Cumin or the "Blessed Seed," is a nutrient-rich oil known for its powerful health benefits. Its key compound, thymoquinone, offers antioxidant, anti-inflammatory, and immune-supporting properties. Used for centuries across many cultures, it supports digestion, respiratory health, balanced blood sugar, and skin wellness.

FUNCTIONAL CONSTITUENTS

Thymoquinone	The primary active compound in Black Seed oil (Nigella sativa) is known for its powerful health benefits. It has been extensively studied for its antioxidant, anti-inflammatory, and immune-boosting properties, and shows promise in supporting respiratory health, blood sugar balance, and cellular protection
Clinical Studies:	https://pmc.ncbi.nlm.nih.gov/articles/PMC5633670/ https://pubmed.ncbi.nlm.nih.gov/29962349/ https://pubmed.ncbi.nlm.nih.gov/27364039/ https://pubmed.ncbi.nlm.nih.gov/37605475/

OUR BLACK SEED IS:

- Cold-pressed only, never solvent extracted
- Unrefined and undeodorized
- Pressed in small batches to preserve freshness
- Stored in dark glass to protect the oil
- Treated as a food-grade oil, not a pharmaceutical isolate

Nothing is standardized. Nothing is stripped away. We look for oil that is naturally aromatic and peppery, signs that the seed was fresh and the pressing gentle. Flat or neutral oil is often a sign of age or over-processing, and we avoid it.

WHAT TO LOOK FOR VS. WHAT TO AVOID

These signs point to careful sourcing and gentle handling:

- Cold-pressed oil*
- Recently pressed, fresh batches*
- Stored in dark glass*
- Whole oil, left as nature made it*
- Peppery, slightly bitter, aromatic flavor*

These are often signs the oil has been over-processed or poorly stored:

- Solvent-extracted oils*
- Old inventory pressed years ago*
- Clear or plastic bottles*
- Deodorized or standardized oils*
- Flat, neutral, or lifeless taste*

WHAT IT SUPPORTS

- Immune steadiness and resilience*
- Digestive comfort*
- Inflammatory balance*
- Respiratory ease*
- Skin and overall vitality*

ZILARA
wake the cell • restore the body • feel alive

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v042026: 1/2

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WHAT TO LOOK FOR VS. WHAT TO AVOID

What to look for in any black seed oil :

- Cold-pressed*
- Recently pressed, fresh batches*
- Stored in dark glass*
- Whole oil, left as nature made it*
- Peppery, slightly bitter, aromatic flavor*

What to avoid:

- Solvent-extracted oils*
- Old inventory pressed years ago*
- Clear or plastic bottles*
- Deodorized or standardized oils*
- Flat, neutral, or lifeless taste*

WHY WE DON'T USE CAPSULES

Black Seed Oil has traditionally been used as an oil. Capsules change how the oil is produced, stored, and experienced.

Capsules require extra processing
To make black seed oil suitable for encapsulation, the oil is often filtered more aggressively, deodorized to reduce taste, and stabilized to extend shelf life. Each step moves the oil further from its whole, natural state.

Freshness is harder to preserve.
Capsules sit in inventory for long periods. They mask signs of oxidation. They prevent you from tasting or smelling the oil.

The body recognizes oils differently than pills.
Oils are traditionally taken with food. Capsules delay contact with taste and digestion, remove sensory feedback, and turn a food-grade oil into a supplement experience.

Taste is a quality signal.
Peppery, slightly bitter flavor is a sign of fresh black seed oil. Capsules remove that signal entirely.

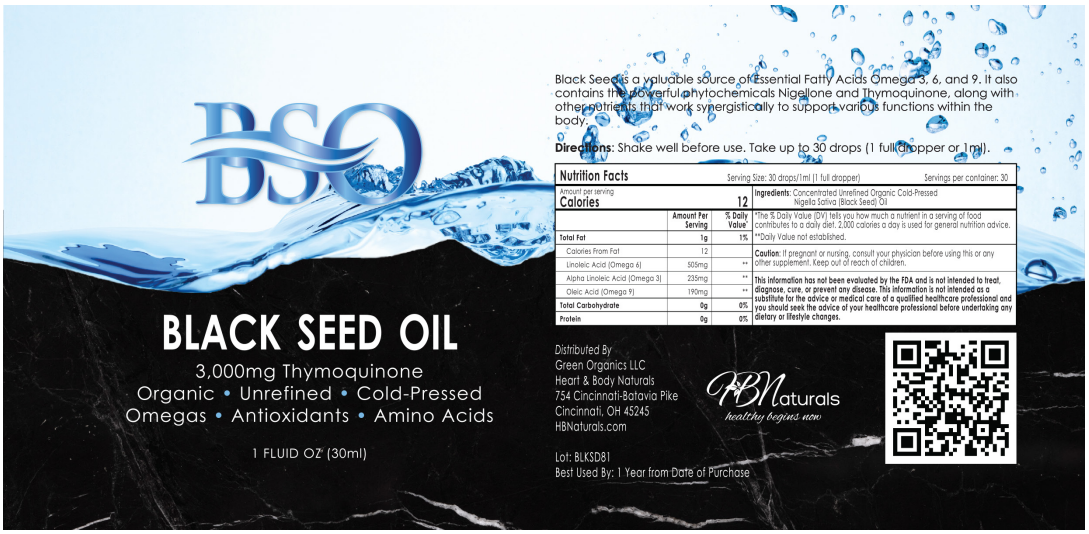
Convenience often comes at the cost of freshness, integrity, and connection.

USAGE SUGGESTIONS

Black Seed Oil is taken with or after food. May be followed with a sip of water or tea. Build up gradually.

ADULTS	• Days 1–7: Up to 10 drops once daily.* • Days 8–14: 5–10 drops twice daily.* • Ongoing: 10–20 drops twice daily.*
CHILDREN 12 & UP	• Days 1–7: 1–5 drops once daily.* • Days 8–14: 2–5 drops twice daily.* • Ongoing: 5–10 drops twice daily.*
CHILDREN 6 & UP	• Days 1–7: ½ to 2 drops once daily.* • Days 8–14: 1–3 drops twice daily.* • Ongoing: 1–3 drops twice daily.*

CAUTIONS

- Safety Group 2: Generally regarded as safe when used as directed with children over the age of 3 years, and while pregnant starting in the 2nd trimester.
- May increase the effect of anticoagulant drugs.
- Keep out of reach of children.
- Store in a cool, dark place. Do not heat.
- Do not use if the seal is missing or broken.
- A doctor's advice should be sought before using this and any supplemental dietary product.

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