

BLACK SEED OIL

NIGELLA SATIVA

Country of Origin: Egypt
Cold Pressed from Seeds

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/>

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



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.

OUR BLACK SEED OIL 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 IT SUPPORTS

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

Why We Don't Use Black Seed Oil Capsules

Black seed oil has traditionally been used as an oil, not a pill. Capsules change how the oil is produced, stored, and experienced.

1. Capsules Often Require Extra Processing

To make black seed oil suitable for encapsulation, it is often:

- Filtered more aggressively
- Deodorized to reduce taste
- Stabilized to extend shelf life

Each step moves the oil further from its whole, natural state.

2. Freshness Is Harder to Preserve

Black seed oil is sensitive to light, heat, and time. Capsules can:

- Sit in inventory for long periods
- Mask signs of oxidation
- Prevent you from tasting or smelling the oil

A flat or degraded oil is harder to detect when it's sealed in a capsule.

3. The Body Recognizes Oils Differently Than Pills

Oils are traditionally taken with food, allowing the body to engage digestion naturally. Capsules:

- Delay contact with taste and digestion
- Remove sensory feedback
- Turn a food-grade oil into a supplement experience

The stillroom favors nourishment over isolation.

4. Taste Is a Quality Signal

Peppery, slightly bitter flavor is a sign of fresh black seed oil.

- Capsules remove that signal entirely
- Capsules are convenient, but convenience often comes at the cost of freshness, integrity, and connection

USAGE SUGGESTIONS

ADULTS	<ul style="list-style-type: none">• Start with up to 10 drops once daily for 2 to 7 days.*• Increase to 5 to 10 drops twice daily for 2 to 7 days.*• Gradually build up to 10 to 20 drops twice daily.*
CHILDREN 12 & UP	<ul style="list-style-type: none">• Start with 1 to 5 drops once daily for 2 to 7 days.*• Increase to 2 to 5 drops twice daily for 2 to 7 days.*• Gradually build up to 5 to 10 drops twice daily.*
CHILDREN 6 & UP	<ul style="list-style-type: none">• Start with ½ to 2 drops once daily for 2 to 7 days.*• Increase to 1 to 3 drops twice daily for 2 to 7 days.*• Gradually build up to 1 to 3 drops twice daily.*

Nutrition Facts		Serving Size: 30 drops/1ml (1 full dropper)	Servings per container: 30
Amount per serving		12	Ingredients: Concentrated Unrefined Organic Cold-Pressed Nigella Sativa (Black Seed) Oil
Calories			*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
Total Fat	Amount Per Serving 1g	% Daily Value* 1%	**Daily Value not established.
Calories From Fat	12		
Linoleic Acid (Omega 6)	505mg	**	Caution: If pregnant or nursing, consult your physician before using this or any other supplement. Keep out of reach of children.
Alpha Linoleic Acid (Omega 3)	235mg	**	This information 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.
Oleic Acid (Omega 9)	190mg	**	
Total Carbohydrate	0g	0%	
Protein	0g	0%	

BLACK SEED IN THE STILLROOM

Black seed oil has long been kept in the stillroom as a steady, everyday oil. Pressed from the seeds of *Nigella sativa*, it is used not as a quick fix, but as part of an ongoing rhythm that supports the body over time.

In the stillroom, black seed oil is valued for its ability to help the body stay resilient - especially during seasonal shifts, periods of stress, or times when extra nourishment is needed. This is a whole oil, not an isolate. Cold pressed from the seed, nothing is removed.

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. 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.

MORE WAYS TO USE BLACK SEED

Take with or after food. Can be followed with a sip of water or tea.

With Food. 1/8 teaspoon drizzled lightly over warm vegetables, soups, or grains after cooking. Never heated.

With honey. Blended into raw honey and taken by the spoonful. A traditional stillroom pairing, especially during colder months.

- 1 cup raw honey
- 1–2 tablespoons black seed oil

Stir thoroughly until fully blended. Store in a glass jar at room temperature. Use 1 teaspoon daily, taken by the spoon. Use 1 tablespoon Black Seed oil for a milder blend, 2 tablespoons for a stronger preparation.

Topically. Applied to the skin as a simple body oils. Can be blended with olive or castor oil for gentler use.

- ½ teaspoon Black Seed Oil
- 4 tablespoons of any combination of carrier oils (olive oil, castor oil, grape seed oil, rosehip)

Blend and store in a small dark glass bottle. Apply to the abdomen, chest, or joints. Often used in the evening or after bathing.



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