

# Black Seed Extract

3,000 mg Thymoquinone 1 ounce

**HB**Naturals  
PRODUCT INFORMATION PAGE



## ingredients

Concentrated Unrefined Organic Cold-Pressed Nigella Sativa (Black Seed) Oil

## suggested use

- Shake well before each use. Start slowly with a low dose and gradually build up the dosage amount. Take by mouth.

### Start On a Low Dose

- From a few drops to 10 drops 1x per day for 2-7 days
- Then 5 to 10 drops 2x per day for 2-7 days
- Build up to 10-20 drops 2x per day

### Children 12 & Up

- 1-5 drops 1x per day for 2-7 days
- 2-5 drops 2x per days for 2-7 days
- Build up to 5-10 drops 2x per day

### Children 6 & Up

- 1/2-2 drops 1x per day for 2-7 days
- 1-3 drops 2x per day for 2-7 days
- Build up to 1-3 drops 2x per day

## responsible cautions

- May increase the effect of anticoagulant drugs.
- 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 promote health and general well-being. It does not contain CBD and/or THC.

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

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, anticancer, and other important biological activities.