

## Ingredients

Organic black cumin seed (*nigella sativa*) oil, Vitamin E (antioxidant)

## Key Nutritionals

Item	Per 100ml	Per 5ml
Energy (kj)	3523	176
Energy (kcal)	829	42
Fat (g) of which	92	5
Saturates (g)	13.8	0.7
Monosaturates (g)	23	1.2
Polyunsaturates (g)	55.2	2.8
Carbohydrate (g)	0	0
of which		
Sugars (g)	0	0
Protein (g)	0	0
Salt (g)	0	0

## Usage

**Serving Size:** 1 teaspoon (5ml)

**Suggested Use:** Take 1 teaspoon (5ml) as needed. Can be added to drinks, used in salad dressing or drizzles over food. Not recommended for use in frying.

**Servings:** 40 (x5ml) servings

**Storage:** Store in a cool dry place.