

Fushi Fresh-Pressed®, pure, organic oils are unrefined and cold-pressed, from the **season's harvest** to ensure **freshness** and **quality**.

In Ayurveda, **Prana** represents **life-force energy**, and we infuse this philosophy into our products. Our ingredients are 100% pure to deliver the best efficacy, and our products are created in our London workshop.



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LEARN MORE ABOUT  
BLACK SEED OIL



# fushi

## BLACK SEED OIL

FRESH-PRESSED® | 100% PURE

ORGANIC  
NUTRITION | HEALTH OIL

**DIRECTIONS:** Take 1-2 teaspoons a day with food, or as directed by a health care practitioner.

**INGREDIENTS:** Organic, Cold-Pressed, Unrefined Black Cumin Seed (Nigella Sativa) Oil.

**ORIGIN:** Egypt.

**CAUTION:** Store in a cool, dry place.

**FREE FROM:** Preservatives, artificial colours or flavours.

**BEST BEFORE:** See side of the label.

NUTRITIONAL INFORMATION	PER 100ML APPROX 16 SERVINGS	PER (5ML) TSP	%RI*
Energy	3700kJ/ 900kcal	185kJ/ 45kcal	2%
Fat <i>of which saturates</i>	100g 20g	5g 1g	7% 5%
Carbohydrates <i>of which sugars</i>	0g 0g	0g 0g	0%
Protein	0g	0g	0g
Salt	0g	0g	0g
*Reference intake of an average adult (8400 kJ/2000kcal)			

Fushi is a registered trademark  
[www.fushiwellbeing.com](http://www.fushiwellbeing.com)

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BLACK SEED OIL  
100ml e



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