

Black Seed (Nigella)

Traditional black seed support for immunity, digestion, and vitality.

Official Botanical Name: *Nigella sativa*

Brief Description: Black seed, also known as nigella or black cumin, has been traditionally used for centuries in Middle Eastern and Ayurvedic wellness practices.

Benefits

- Traditionally used for immune wellness
- Supports digestive comfort
- Rich in antioxidant compounds
- Popular in traditional vitality formulas

Ways to Use

- Tea infusions
- Ground into food
- Capsules or oils
- Traditional wellness blends

Instructions

- Use whole or freshly ground.
- Add small amounts to food or tea.
- Store away from heat and light.

Suggested Adult Use: Use small culinary or tea amounts daily as desired.

Medication Warnings & Safety Notes: Use caution with blood pressure medication, diabetes medication, pregnancy, breastfeeding, or blood thinners.

Educational use only. These statements have not been evaluated by Health Canada or the FDA. This product is not intended to diagnose, treat, cure, or prevent disease. Consult a qualified healthcare professional before using herbal products if pregnant, nursing, taking medication, or managing a medical condition.