

Black Cumin Seed Forte

Herbal Support for a Modern Lifestyle*

Black Cumin seed, often referred to as the “seed of blessing”, has been used for centuries in the Middle East and Southeast Asia¹ to assist in:

- ✓ Supporting healthy **digestive function**
- ✓ Relieving occasional mild digestive discomfort, including **bloating** and **flatulence**
- ✓ Supporting healthy **liver function** and **metabolism of fats**
- ✓ Providing **antioxidant activity**
- ✓ Maintaining general health and **well-being***

Black Cumin Seed Forte is a multi-action, high-strength formula (400 mg extract from 2 g seed), that provides increased scope to support health and well-being.*

Traditional Use

Black Cumin seeds are traditionally used as a flavoring, to improve digestion and to provide warmth². They are said to be useful in calming and strengthening digestion in Ayurvedic preparations³. Black Cumin seed is also known for its traditional use as an aromatic spice and carminative, which relates to its actions in aiding digestion and providing relief of mild bloating and flatulence.*

Black Cumin Seed is also used in Ayurvedic herbal preparations to support liver metabolism, which helps to metabolize lipids.*



Suggested Use:

1 tablet daily with food, or as directed.

Supplement Facts			
Serving size:	1 Tablet		
Servings per container:	40		
	Amount per Serving	%DV	
Calcium	63 mg	4%	
Black Cumin seed 5:1 extract from <i>Nigella sativa</i> seed 2 g	400 mg	†	
† Daily Value (DV) not established.			

Other Ingredients: Dibasic calcium phosphate dihydrate, microcrystalline cellulose, sodium starch glycolate, silicon dioxide, magnesium stearate and hypromellose.

Caution: Contraindicated in pregnancy. Caution is advised in women wishing to conceive. Professional supervision is suggested for lactation.

Black Cumin Seed Forte may benefit patients with:

- ✓ **Poor Diet** – patients overcoming modern lifestyle challenges who may have concerns about their diet and energy levels.
- ✓ **Digestive Issues** – patients presenting with symptoms of poor digestive function, e.g. mild bloating and flatulence.
- ✓ **Metabolic Challenges** – patients should use in conjunction with a healthy diet and exercise for normal metabolism.
- ✓ **Liver Issues** – patients seeking to support normal fat metabolism through healthy liver function.*

How Black Cumin Seed Forte Supports Your Health:



Supports digestion and the metabolism of fats:

- As with traditional Ayurvedic herbal preparations in India, herbs such as Black Cumin seed are used to promote “digestive fire”. Enhancing digestive fire was traditionally used to support overall vitality, healthy immune system function and assist in the elimination of potential undigested food.*



Metabolic support:

- Black Cumin seed may also provide metabolic support for those consuming a typical Western diet.*



Supports liver function:

- Black Cumin seed is traditionally used to support the healthy functioning of the liver.*

References

- ¹ Gilani AU, Jabeen Q, Khan MA. A review of medicinal uses and pharmacological activities of Nigella sativa. *Pak J Biol Sci.* 2004;**7**(4):441-51.
- ² Ramadan MF. Nutritional value, functional properties and nutraceutical applications of black cumin (Nigella sativa L.): an overview. *International journal of food science & technology.* 2007 Oct;**42**(10):1208-18.
- ³ Williamson EM (editor). *Major herbs of Ayurveda.* Edinburgh:Churchill Livingstone; 2002. p. 196-200)
- ⁴ Pole S. *Ayurvedic Medicine: The Principles of Traditional Practice.* London: Singing Dragon; 2013. p.209-210
- ⁵ *The Unani Pharmacopoeia of India. Part I, Volume I. Department of Ayurveda, Yoga and Naturopathy, Unani, Siddha and Homoeopathy (AYUSH), Ministry of Health and Family Welfare, Government of India, New Dehli, 2007.*

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