

# Black Cumin

## PRODUCT SUMMARY

VerVita's Black Cumin is a therapeutic grade essential oil of black cumin, revered for thousands of years as a *miracle cure*. Research in the last 40-50 years has revealed that Black Cumin contains over 100 health promoting components that synergistically balance the body's systems (organs and glands) and structures. This amazing essential oil contains antioxidants and essential fatty acids (EFA) including omega 3 and omega 6. Black Cumin is rich in the vitamin B complex for the heart, contains 9 of the essential amino acids, and is also a source of calcium, iron, sodium, and potassium. It's no wonder this essential oil is so effective against so many symptoms and syndromes.

## THINK ABOUT IT

Every day our bodies require vitamins, minerals, enzymes, fats, proteins, carbohydrates, etc. Our typical diets, however, usually lack nutritious value. We make poor diet choices or have limited access to fresh, quality food. Stress and sedentary lifestyles can also lead to a malnourished, worn out body.

The body also needs to digest and metabolize the good things we do eat. If the body can't metabolize our food, we can still end up malnourished. The body will then steal from the body's stored reserves whatever nutrients it needs to survive. As reserves are depleted, the body no longer functions at optimal levels. Symptoms and syndromes appear.

A malnourished body will appreciate Black Cumin essential oil as it provides nutrients to support a balanced digestive and ecosystem system. It also supports the immune system and nourishes the blood, heart, lungs, and skin. It has been found to be antimicrobial, antioxidant, anti-parasitic, antihistamine, antiseptic, antitumor, anti-inflammatory and antihypertensive.

## KEY INGREDIENTS

Black Cumin has many components. It is high in **thymoquinone**, a natural and very potent antioxidant. Studies have shown thymoquinone to be beneficial as an anti-inflammatory and analgesic (pain relief). It has a bronchodilating effect and inhibits the secretion of histamines, which is beneficial to those with allergies. It aids bile production in the liver and assists in fat metabolism and detoxification. Black Cumin is also high in **essential fatty acids** such as **omega 3** and **omega 6**, which are known for their effects on brain function, nerve conduction, blood pressure, and the immune system's defenses. Black Cumin is rich in **vitamin B complex** (riboflavin, thiamine, niacin) and contains **selenium**, **beta-carotene**, **arginine**, **amino acids**, **calcium**, **iron**, **sodium**, and **potassium**. All of these are found in Black Cumin, a balanced whole food, just as nature created it.



Black Cumin Available In 1 oz | 5 ml Bottles

VerVita®

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## PRIMARY BENEFITS OF BLACK CUMIN

- Nourishes a nutrient-depleted (malnourished) body.
- Aids a healthy digestive system through detoxification, fat metabolism and efficient metabolism of all nutrition. Black Cumin is especially helpful for those with poor diets and digestive issues.
- Assists with healthy blood production by providing nature's balance of essential fatty acids, B-vitamins, minerals and iron.
- Calms, balances and regulates the immune system by allowing the body to eliminate free radicals and activate the T-lymphocytes - the body's natural defense against illness.
- Helps reduce inflammation.
- Promotes healthy, glowing skin.

## HOW TO USE BLACK CUMIN Choose one or more of the following.

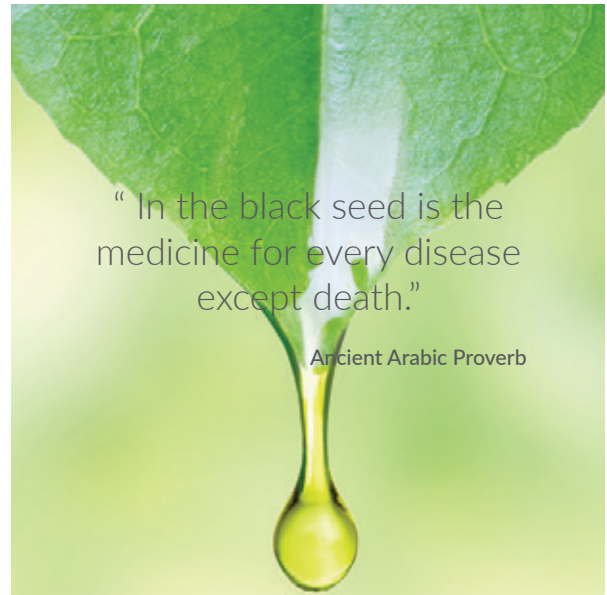
- Internally:** Place 1 or 2 drops of Black Cumin essential oil in food or juice to promote healthy digestion and metabolism.
- Topically:** Rub into the skin 1-2 times per day for to restore and maintain healthy, glowing skin.  
**Babies and Small Children:** Rub 1 drop of Black Cumin on the bottom of each foot; you may blend with lotion or carrier oil.
- Massage:** During a therapeutic massage rub Black Cumin into all areas for healthy, glowing skin. It can be used alone or blended with massage oil/lotion.
- Footbath:** Fill a tub or foot bath with enough warm water to cover ankles; add Black Cumin and soak for 30 – 60 minutes to replenish healthy nutrition.
- Spa Bath:** Soak entire body in warm water spa bath with 20 drops to 1 oz. Black Cumin essential oil for a minimum of 30 - 60 minutes to enable body to completely absorb nutrition. **Suggestion for Women:** Once a month after each menstrual cycle, replenish and nourish blood with a Black Cumin spa bath.
- How Much?** The amount of essential oil needed varies from person to person. It may range from a couple drops to 10 mL or more of essential oil depending on the circumstances. It is recommended that one start with 20 drops of Black Cumin and increase/decrease the amount as needed with each bath.
- Side Effects:** The body absorbs essential oils and releases toxins during a foot or spa bath. Though rare with Black Cumin, a person may occasionally experience a burning sensation on the skin if toxins are released. (The more toxins, the greater a burning sensation may be felt.) The burning sensation indicates the therapy is complete; stop the bath and shower off. A fresh bath may be resumed later using less essential oil and adding unscented, natural Epsom salts to draw out toxins.
- Note:** Eat prior to soaking in a spa bath or footbath so the stomach has food in it. This provides the body hydration and nourishment to draw on when the body begins to balance and heal.

**Therapeutic Grade Essential Oil Safety** Keep out of reach of children. Use caution and the gentlest oils at extremely low doses when using oils with children. It is recommended that a qualified healthcare practitioner be consulted before using oils with children. If you are pregnant, nursing, taking medication, or have a medical condition, please consult your healthcare practitioner prior to use. A skin patch test on the inner arm is recommended prior to using any oil for the first time.

### VERVITA PRODUCTS ARE FREE FROM:

GMOs, Soy, Gluten, Corn, Egg and Dairy, Fish, Crustaceans/Shellfish, Tree Nuts, Peanuts, MSG, Sugar and Sweeteners, Artificial Colors, Dicalcium Phosphate, Magnesium Stearate, Croscarmellose, Excipients/Synthetic Fillers and Flow Agents.

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“ In the black seed is the medicine for every disease except death.”

Ancient Arabic Proverb

VerVita®