

# Black Seed

**Diuretic** (reducing fluid buildup)

**Antihypertensive** (reducing blood pressure)

**Antidiabetic** (reducing blood glucose, or sugar, levels)

**Anticancer** (preventing tumor growth)

**Antimicrobial** (reducing the spread of infections)

**Analgesic** (reducing pain)

**Anti-inflammatory** (reducing pain and inflammation)



**Antioxidant** (protecting against harmful molecules known as free radicals)

Take 1 teaspoon oil/grounded seeds x 3 times a day with meals. In case of sickness take it 30 minutes before meals.





## Benefits:

- Improves blood sugar – diabetes.
  - Reduces inflammation.
  - Improves thyroid function.
  - Lowers blood pressure.
  - Supports liver and kidney function.
  - Supports hair health.
  - Improves gut health.
  - Improves memory and cognition.
  - Helps with skin conditions like eczema psoriasis, vitiligo, and acne.
  - Supports weight loss.
  - May help in fighting cancer.
  - Promotes liver health.
  - Protects the skin.
  - Helps treat infections.
  - May improve fertility.
  - Reduces allergies and nasal inflammation.
  - It is antihistaminic.
  - May improve lung function.
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For more information go to our website:



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Informational only.  
Always consult a medical professional.

