



VEGAN



NON-GMO



GLUTEN-FREE



SOY-FREE

**NIGELLA SATIVA**

Nigella sativa is a widely used medicinal plant. Made from the seeds of black cumin, Nigella sativa contains three key natural phytonutrients: thymoquinone (THQ), thymol, and thymoxanone (TQ). These phytochemicals modulate mood, relaxation, and cognition.\*

**FRESH NUTRITION**

Our goal is to create high-quality natural products using both organic and responsibly sourced ingredients to optimize health and well-being.

**RECOMMENDED DOSAGE**

Take three (3) capsules daily with sufficient water before a meal.

No Artificial Colors.  
No Artificial Flavors.  
No Preservatives.  
Gluten-Free. Vegan.

Made with Non-GMO,  
All Natural Ingredients!



To provide our consumers with complete confidence in our product quality, every batch is 3<sup>rd</sup> party tested for quality & purity.

**fresh**  
nutrition

All Natural

# NIGELLA SATIVA

BLACK CUMMIN SEED



## IMMUNITY HEALTH

- Immune System Support\*
- Stress Relief & Positive Mood\*
- Healthy Sleep Cycle\*

60 Capsules | Dietary Supplement

**Supplement Facts**

Serving Size 2 Capsules  
Servings Per Container 30

| Amount Per Serving     | %DV    |
|------------------------|--------|
| Nigella Sativa Extract | 600mg* |

\*Daily Value not established.

Additional Ingredients: Vegetarian Capsules,  
Organic Rice Extract.

Fresh Nutrition produces the most potent and highest-quality Nigella Sativa. Our raw materials are carefully sourced and cultivated, contain no fillers, additives, and manufactured domestically in a cGMP facility. Thanks for choosing Fresh!



Manufactured & Packed for Fresh  
Nutrition by Excelisor Nutrition Inc.  
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\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



www.fresh-nutrition.com



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