



Black Cumin Seed Oil

IT'S NOTHING
TO SNEEZE AT!



Do you suffer from allergies? Are adorable animals making you cry? Think Mother Nature has it in for you? You are not alone! Respiratory allergies such as allergic rhinitis affect 1 in 5 Canadians—that's almost 8 million people!

Symptoms experienced vary but commonly include continuous sneezing, runny/stuffy/itchy nose, itchy and watery eyes, sore and scratchy throat, nasal congestion, and coughing. People will often turn to other over-the-counter medications for relief, but these may come with side effect like drowsiness, dizziness, headache, dry mouth, and dry nose. Black Cumin Seed Oil is not known to cause these side effects.

Naturally sourced, **Black Cumin Seed Oil** helps reduce symptoms of allergic rhinitis, including sneezing, itchy, watery eyes, and stuffy nose.

Trusted for Thousands of Years

Nigella sativa, also known as black cumin, is an herb with a long history of use throughout the Middle East, Northern Africa, and parts of Asia. One of the identified active ingredients in *Nigella* is thymoquinone, a compound that is known to have anti-inflammatory effects on allergic rhinitis, along with antioxidant benefits. *Nigella* oil also contains oleic and linoleic acids.

New Roots Herbal's black cumin seed oils are made with organic, cold-pressed, hexane free black cumin seed oil, with 20% oleic acid and 50% linoleic acid.

NEW Black Cumin Seed Oil 1,000 mg softgels with validated thymoquinone content—one of the most potent natural allergy-relief products available on the market!

Popular **Black Cumin Seed Oil 500 mg** softgels with validated thymoquinone content—a perennial best seller in a smaller softgel.

Potent **Black Cumin Seed Oil** in liquid form with 2.0–2.4% thymoquinone—one of the highest thymoquinone content available on the market!

**Get back out in nature!
Take time to smell the flowers!
Frolic with your furry friends!**

Taken regularly, **Black Cumin Seed Oil** provides continuous relief from symptoms of allergic rhinitis, including sneezing, itchy, watery eyes, and stuffy nose!

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LIQUID

Each teaspoon contains:

Organic black cumin (*Nigella sativa*) seed oil, first cold-pressed, 50% linoleic acid, 20% oleic acid, hexane-free. 5 ml

Other ingredients:

Organic rosemary (*Rosmarinus officinalis*) extract and organic sunflower oil.

Directions of use:

Adults: Take ½ teaspoon twice daily with food to avoid digestive upset or as directed by your health-care practitioner. If you are taking supplements containing iron, zinc, calcium, or copper, take this product a few hours before or after them.

Duration of use:

Consult a health-care practitioner for use beyond 4 weeks. Use for a minimum of 2 weeks to reduce symptoms of allergic rhinitis.

#2226 · 100 ml • #2225 · 200 ml

LM0151-R2 · NPN 80080852



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SOFTGELS—500 MG

Each softgel contains:

Organic black cumin (*Nigella sativa*) seed oil 500 mg
50% linoleic acid, 20% oleic acid, hexane-free

Other ingredients:

Natural vitamin E (mixed tocopherols from sunflower) in a softgel composed of bovine gelatin, glycerin, and purified water.

Directions of use:

Adults: Take 2 softgels three times daily with food or as directed by your health-care practitioner. If you are taking supplements containing iron, zinc, calcium, or copper, take this product a few hours before or after them.

Duration of use:

Consult a health-care practitioner for use beyond 4 weeks.

#0130 · 60 softgels • #0945 · 120 softgels

V0163-R5 · NPN 80035939

SOFTGELS—1,000 MG

Each softgel contains:

Organic black cumin (*Nigella sativa*) seed oil,
50% linoleic acid, 20% oleic acid, hexane-free 1,000 mg

Other ingredients:

Mixed tocopherol concentrate (from sunflower) in a softgel of bovine gelatin, glycerin, and purified water.

Directions of use:

Adults: Take 1 softgel three times daily before a meal or as directed by your health-care practitioner. Take with food. If you are taking supplements containing iron, zinc, calcium, or copper, take this product a few hours before or after them.

Duration of use:

Consult a health-care practitioner for use beyond 4 weeks.

#3139 · 60 softgels

V0761-R1 · NPN 80095308

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- **Manufactured in Canada in a certified cGMP (Current Good Manufacturing Practices) facility.**
 - **All ingredients and finished products are tested for quality and safety in an ISO 17025–accredited laboratory.**
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To ensure these products are right for you,
always read and follow the label.

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