

Black cumin seed oil

The oriental oil



Black cumin oil has an exceptionally high value of polyunsaturated fatty acids, as well as essential oils, as a result of which it is said to have many healing effects.

Qualities & Usage

We carry Black cumin seed oil in the following qualities for you

Art.-Nr.	Quality	Cosmetics	Food	Pharmaceutics
322060	Black cumin seed oil cold pressed Egyptian seed	Yes	Yes	Yes
322160	Organic black cumin seed oil cold pressed Egyptian seed	Yes	Yes	Yes



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Genuine black cumin

Black cumin seed oil is obtained from the seeds of the genuine black cumin. Black cumin (lat. *Nigella*) belongs to the buttercup family and is native to the Mediterranean region with about 20 species. The up to 25 - 60 cm high, annual herbaceous plant is slightly hairy and has strikingly pinnate leaves with a leaf width of up to 2 mm. The white, blue or purple, end-set flowers are greenish or bluish in colour at the tips.

After flowering from June to August, *Nigella sativa* forms poppy-like capsules up to 2 cm long, containing over 100 seeds. The seeds are about 2 mm in size, oblong, angular, slightly curved, black and have a pleasant nutmeg-like odour. When the seeds are harvested, the stalks are first mown down and then placed in bundles on cloths to dry. Whilst drying, the bundles are turned regularly. The seeds are then threshed from the capsule and dried again. The seeds contain about 20 - 40 % fat. In terms of taste, black cumin is slightly similar to sesame with a slight cumin note.

Black cumin is related neither to caraway nor to cumin. A relative is the ornamental plant "Love-in-a-Mist" (*Nigella damascena*) which can be found in our gardens.

The seeds are preferably sown in sunny growing areas in spring and harvested in summer.



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Cultivation & yield

The main harvest time of black cumin is in September, when the plants start dying from below.

The plant is native to North Africa, especially Egypt, where it is cultivated. Other growing areas are India, Turkey, Iraq, North Africa and the Middle East.

Background / history

For more than 2,000 years, black cumin has been used in the Orient as a peppery spice and medicine.

The historical roots of black cumin seed go back to statements by Mohammeds (570-632 A.D.), who is said to have said about 1,500 years ago "Black cumin heals every disease except death. But long before this statement, people believed in the special effect of black cumin. In the grave of Pharaoh Tut-en-ch-amun a bottle of black cumin seed oil was found as an offering for life after death. In the tenth century, the Islamic physician Ibn Sina also described the healing effect of black cumin seed in his book "The Book of Recovery of the Soul". This book was the standard work at European universities for over half a millennium. In Egyptian folk medicine, black cumin is still recommended today as an antifatulent and diuretic tea and its pressed oil for the treatment of the upper airways. In Indian Ayurvedic medicine, its alleged milk-increasing effect on breastfeeding mothers is particularly noted.

A subspecies of black cumin, *Nigella Sativa*, originates from North Africa, Southern Europe and the Near East, where its seeds were used early on as a spice and in medicine.

The genuine black cumin (*Nigella sativa*) was given the popular name "Katharinenblume" because of its wheel-shaped flowers. This flower is reminiscent of the torture wheel of Saint Catherine. Other common names are Kookäem, Kookämer, Black Caraway, Black Cumin.

Even today the black seeds, which are also called black onion seeds in Asia, are scattered like sesame on pita bread. In German trade it is often available under the Panjabi-name Kalonji. Black cumin seed is a component of the Bengali spice mixture Panch Phoron.



Black cumin seed oil

cold pressed Egyptian seed

**Article number:**

322060

INCI name:

Nigella Sativa Seed Oil

CAS number:

90064-32-7

Botanical name:

Nigella Sativa

Usage:

Cosmetics, Food, Pharmaceuticals

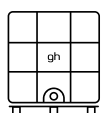
Certificates:

NATRUE

Origin:

The seed of our black cumin seed oil cold pressed organic comes 100% from Egypt.

Our packaging



900 kg IBC



190 kg Drum



27 kg Canister

General durability:

canister 12 months, drum 18 months, IBC 6 months



Black cumin seed oil

cold pressed Egyptian seed

Nutritional values & composition

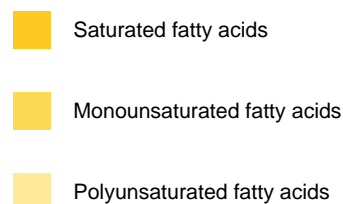
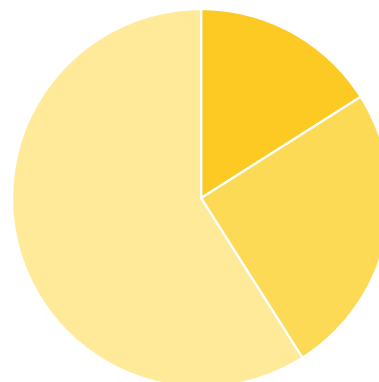
Nutritional value (per 100g)

Energy	3,700 kJ / 900 kcal
Fat	100 g
Saturated fatty acids	16 g
Monounsaturated fatty acids	25 g
Polyunsaturated fatty acids	59 g

Composition

C16:0 Palmitic acid	8 – 14 %
C18:1 Oleic acid	18 – 30 %
C18:2 Linoleic acid	50 – 65 %

Fatty acids ratio



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Production & description

Black cumin seed oil cold pressed organic is produced from the Egyptian seed of the black cumin (*Nigella sativa*). Through gentle cold pressing and subsequent filtration, a fatty, green-brown, clear oil with a spicy smell and slightly hot taste is obtained.

Black cumin oil cold pressed organic is a brown oil with a typical smell and taste. It is insoluble in water, mixable with ether and petroleum ether.



Black cumin seed oil

cold pressed Egyptian seed

Gustav Heess

Black cumin seed oil cold pressed Egyptian seed

Our Black cumin seed oil cold pressed is obtained by gentle cold pressing.

The fatty oil contains at least 70% unsaturated fatty acids, valuable fat-accompanying substances such as sterols and vitamin E as well as approx. 1% essential oil. The cold-pressed *Oleum Nigellae sativae* contains 50 - 65% of the doubly unsaturated linoleic acid from which the gamma-linolenic and arachidonic acids are formed in the body. The monounsaturated oleic acid is contained to 18 - 30 % and the saturated palmitic acid to 8 - 15 %.

In addition, sterols such as sitosterol, cholesterol, stigmastanol and campesterol, which are mostly esterified with fatty acids, could be identified.

Polyunsaturated fatty acids are essential, i.e. vital and play an important role in the entire metabolism. The essential oil, which black cumin seed oil naturally contains in small amounts, contains among other things the active ingredient thymoquinone, which can have a toxic effect in case of extreme overdosage. The essential oil is responsible for smell and taste, has a light yellow colour and turns reddish if stored for a long time. The thymoquinone bound in the volatile fraction is suitable for identity testing in pharmacy laboratories. Tanning agents and saponins round off the wide range of ingredients. Biotin, which is important for skin and hair, round off the combination and support the health-promoting effect.



Black cumin seed oil

cold pressed Egyptian seed

Usage

- Should promote beauty and well-being
- Is often used for face masks and hair treatments

Cosmetics

- Popular food supplement
- For the refinement of dishes
- Supposed to aid digestion and digestibility
- In tea preparation
- As an ingredient for salad and bread dough

Food

- Because of its antibacterial effect it is often used as an ointment component
- A very popular remedy in folk medicine
- In Egyptian traditional medicine to lower blood pressure
- Strong antioxidant, disinfectant and antifungal effect due to the composition of mostly unsaturated fatty acids and almost 1% essential oils.

Pharmaceutics



Organic black cumin seed oil

cold pressed Egyptian seed

**Article number:**

322160

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Nigella Sativa Seed Oil

CAS number:

90064-32-7

Botanical name:

Nigella Sativa

Usage:

Cosmetics, Food, Pharmaceuticals

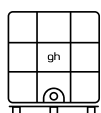
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EU organic

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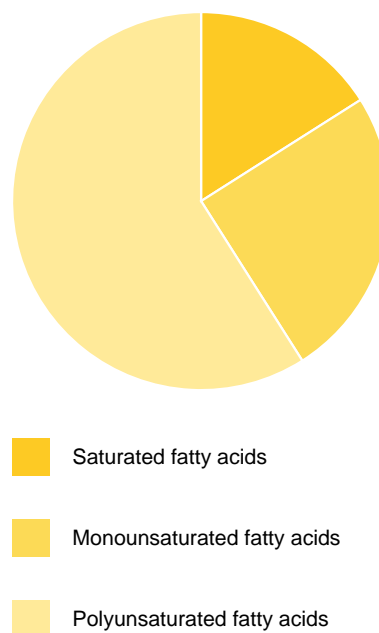
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