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## **Black Cumin (Caraway) Oil, *Nigella sativa***

Black cumin seed oil, also known as black cumin or black caraway has been used for centuries by millions of people to promote general health and fight disease. Several hundred medical research studies have been published in the Middle East, Asia and Europe focusing on its immune strengthening, anti-histamine, interferon-like, anti tumor, anti microbial, and anti inflammatory activity. *Nigella sativa* has been reported in a number of studies to suppress cancer cells, including breast, prostate, and liver melanoma. Black cumin seed oil is exceptionally high in antioxidants. Among the components are thymoquinone, nigellone and a beta sitosterol, a plant sterol known for lowering cholesterol. The oil is more than 80% unsaturated fatty acids. Carefully cold pressed black cumin seed oil with protection against oxidation has the following characteristics:

Peroxide value	13.0x
Free Fatty acids	28.0%
Saponifiable	76.2%
Cholesterol as part of sterol assay	1.0mg/100g
Campesterol	20.0mg/100g
Stigmasterol	25.1mg/100g
Beta sitosterol	103mg/100g
Composition of Fatty Acids	
Myristic Acid	.24%
Palmitic Acid	12.11%
Palmitoleic Acid	.97%
Stearic Acid	3.43%
Oleic Acid	24.03%
Linoleic Acid	55.82%
Linolenic Acid	.24%
Arachidic Acid	.21%
Eicosenoic Acid	.36%
Eicosadienoic Acid	2.60%
Behenic Acid	.04%
Saturated Fat	13.8gm/100g
Monunsaturated Fat	25.36gm/g
Polyunsaturated Fat	58.66gm/g
Vitamin E	
Beta Tocotrienol	1.22mg/100g
Gamma Tocopherol	2.59mg/100g