

ERB BLACK SEEDS

Black Seeds originate from regions such as the Eastern Mediterranean, Northern Africa, Southwest Asia, and the Indian subcontinent. They are the seeds of the Nigella Sativa plant, and are commonly known as black cumin or black seeds. These seeds have a long history of use in traditional medicine and culinary practices due to their potential health benefits and distinctive flavor.

BENEFITS

- Possess anti-Inflammatory properties*
- Provide metabolic support*
- Supports a healthy immune system*
- Supports healthy blood sugar levels*
- Support brain and nervous system*
- Supports the cardiovascular system*
- Provides antioxidants



50 Servings: NET WT.
7.4 oz. (210 g)

#0208727

INGREDIENT HIGHLIGHTS

BLACK SEED

Each of our ERB Functional Whole Food products is organically grown and made from only one ingredient, the food itself. With minimal processing, it's either ground into fine powders or left as whole seeds, ensuring you receive the pure essence of the food with nothing added or taken away. Enjoy the ERB functional whole food ingredients backed by Sunrider's high-quality assurance standards.



INGREDIENTS

Organic Black Cumin Seed
(Nigella Sativa)

FAQs

Q: I see black seeds also listed as black cumin seeds. Are they related to or the same as cumin seeds?

A: No, black seeds or black cumin seeds (Nigella sativa) are distinct from cumin seeds (Cuminum cyminum) or royal cumin (Bunium persicum). While they share similar culinary uses, they are different plants, and the benefits of the compounds found in black seeds are unique to them, and not found in regular or royal cumin seeds.

Q: What is Sunrider's new ERB Functional Whole Foods line?

A: ERB (Essential Regeneration Balance) is Sunrider's innovative new functional whole foods line designed to promote holistic wellness. Carefully curated with nature's finest ingredients, ERB supports your body's health and wellness. From nutrient-rich superfoods to kitchen pantry staples, each product nourishes your body and fits seamlessly into your lifestyle.

HOW TO USE

Add 1 scoop (4.2 g) daily into or sprinkled on top of recipes of your choice. A great way to incorporate added nutrition into your favorite dishes.

To unlock more benefits and flavor, gently heat the seeds in a dry pan or with oil before incorporating them into recipes. You can also grind or mash them into a powder for added versatility.



NOURISH + CLEANSE = BALANCE

Sunrider® products are based on a simple yet powerful idea that blends Traditional Chinese Medicine with advanced science. We call it our Philosophy of Regeneration®. When you nourish with only the finest natural ingredients and cleanse of harmful chemicals and artificial colors, flavors, and preservatives, you bring your body into balance. A balanced body is a healthy body.