

PERFECT PRESS™

BLACK CUMIN OIL

OWNER'S HANDBOOK

How to use — **and benefit from** —
your Perfect Press Black Cumin Oil.

ACTIVATION®



INTRODUCTION

First, thank you again for grabbing YOUR bottle of Perfect Press™ Black Cumin Oil!

You haven't just made a purchase — you've made an investment in your long-term health.

Your skin, your hair, your immune system...

Let's just say, looking better and feeling better are only the beginning.

Every day you'll discover more and more of the rewards of nourishing your body with black cumin seed oil.

Over the next few pages you'll discover...

- **General use instructions**
- **5 custom tips for relief using black cumin seed oil**
- **10 benefits of black cumin seed oil**
- **Frequently asked questions**
- **Stories from people just like you whose lives were improved after using Perfect Press Black Cumin Oil**





GENERAL USE

Everyone is different and since Perfect Press™ Black Cumin Oil is an all-natural product, how much you should take depends on you.

Try a little and adjust your dose based on the way your body reacts.

**We Recommend:
1.5 teaspoons, daily.**

This is a powerful oil, so you don't need too much. One teaspoon twice daily is enough to give your body a powerful dose of black cumin seed oil's dynamic nutrition and should make your bottle last about one month.

Now, depending on the results you're looking for, there are 2 ways to use Perfect Press™ Black Cumin Oil:

- **Drink it**
- **Rub it all over yourself**

Drinking Perfect Press™ Black Cumin Oil has a whole range of benefits (many of which you'll find in the next few pages).

Rubbing the oil on your skin or into your hair moisturizes and nourishes from the outside in.

The important thing to remember is to use this oil DAILY. The oil will only work if you take it consistently. If you need more oil [click this link](#). It'll take you to our store where you can stock up right now.

PRO TIPS

You can customize your black cumin oil experience by trying these 5 tips...

TIP #1:

Rub it into muscles and joints after a shower to soothe aches.

TIP #2:

Drink a little first thing in the morning for an energy boost.

TIP #3:

Drink it to soothe a cough or sore throat.

TIP #4:

Rub a little into your scalp or hair.

TIP #5:

Use it as a moisturizer.



10 BENEFITS OF BLACK CUMIN OIL


There are many benefits to taking black cumin oil.
Here are just 10 of them:

This oil...

- 1. nourishes your skin**
- 2. is a natural sleep aid**
- 3. boosts your metabolism and energy levels**
- 4. encourages GOOD bacteria** (you need those)
- 5. promotes healthy inflammation response**
- 6. eases joint & muscle pain**
- 7. helps with headaches**
- 8. soothes coughs and sore throats**
- 9. promotes healthier hair growth**
- 10. has a positive effect on your sinuses**

There are many more benefits to taking black cumin seed oil, which you'll discover for yourself once you start taking it every day.





FREQUENTLY ASKED QUESTIONS

What are the ingredients in Perfect Press™ Black Cumin Oil?

Perfect Press™ Black Cumin Oil is pressed from nothing but 100% pure, raw, non-GMO, certified organic *Nigella Sativa* (black cumin) seeds.

Where do you get your seeds?

There only two places in the world where these high quality seeds are grown: India & Egypt.

Depending on the time of year, we source our seeds from one of these countries and then bring them to our facility in Canada to have the oil extracted.

How is Perfect Press™ Black Cumin Oil made?

While our pressing process is a trade secret we can tell you that every bottle of Perfect Press™ Black Cumin Seed Oil is meticulously pressed from thousands of pure, raw, non-GMO, certified organic *Nigella Sativa* (black cumin) seeds.

Absolutely no heat is used to extract the oil and therefore no nutritional value is lost.

This process is very painstaking and precise and it's why our product is not only unique, but better. Perfect Press™ Black Cumin Oil is simply the best, most nutritious black cumin seed oil available in the world.

FREQUENTLY ASKED QUESTIONS

What nutrients are found in Perfect Press™

Black Cumin Oil?

Black cumin seeds are packed full of vital nutrients. There are over 100 chemical compounds in black cumin seed (some of which are yet to be identified). The main active compound in black cumin seed oil is crystalline nigellone. Other nutrients in this seed oil include:

beta sitosterol	thymoquinone
oleic acid	alpha linolenic acid
linoleic acid	eicosadienoic acid
vitamin B3 (niacin)	calcium
iron	

Should I take this with a probiotic?

It's actually GREAT to take with a probiotic, as it promotes a healthy environment for good bacteria. That perfectly compliments any probiotic you're currently taking or are thinking of taking.

Can I take too much?

Although this is an all-natural seed oil, there is a limit to how much you should drink.

Remember, every bottle contains the nutrients of TENS of THOUSANDS of raw black cumin seeds. The effects of excessively large doses have never been tested. You should not to ingest more than 3 teaspoons a day.

How should I store my bottle?

You need keep this oil tightly capped and stored in a cool, dry place out of direct sunlight. Refrigeration is not recommended.

What is the shelf life of Perfect Press™

Black Cumin Oil?

When stored properly, Perfect Press™ Black Cumin Oil has an extremely long shelf life. The oil will remain fresh for 36 months under the proper conditions.

PERFECT PRESS BLACK CUMIN SUCCESS STORIES

Julie uses Perfect Press™ Black Cumin Oil on her skin...

"If you've done any kind of research at all on Nigella Sativa oil (aka black cumin seed oil) then you have to have heard about it's curative and health properties. Well I concur. I mix black seed oil with virgin coconut oil and use it on my skin and hair and it's truly miraculous. As nearly prohibitive as the price is, I'd be a fool not to re-order this as the black seed oil shines right on through the coconut oil. I put some of my mixture on my son's skin with his eczema and chronic itchy skin and it kept his skin moisturised, healed his scratch marks where he'd scratched his skin up in his sleep and left him with a wonderful glow. I use it on my skin and hair as well and I love it. I also consume the oil on sprouted grain bread. The oil has a peppery/citrusy taste and is quite different from any other oil that I've ever tasted but there is no denying that if you care about your health, you must have this oil."

Elle gets more energy from using Perfect Press™ Black Cumin Oil...

"I love this product- take it daily and would not want to be without it. In less than 20 minutes the first time I took Black Cumin, and from then on, I noticed more energy, a feeling of arms and legs

being lighter, and it was easier to walk. (Had been diagnosed with chronic fatigue syndrome many years ago, quite sedentary & in a wheelchair.) Black Cumin is also a great anti-microbial. I expect to continue improving as I stay on the product. Thank you again!"

Mack uses Perfect Press™ Black Cumin Oil for relief from his asthma...

"I have always been bothered with asthma and the past year or so have relied on rescue inhalers for shortness of breath and always had an inhaler close by in case of a problem, and would become very anxious if I forgot it or one was not close at hand. I have been taking the Black Cumin Seed Oil for a couple of months now and my lung capacity has increased do not need the inhaler like before and can see a big improvement."

Helen uses Perfect Press™ Black Cumin Oil for her digestion...

"I've been having a lot of problems with my digestion, throat and acid reflux. I've spent so much money on probiotics, vitamins, etc., and this is by far the best thing I have tried. I am going to use this rest of my life. It really balances out my stomach."

THANK YOU!

Thank you again for grabbing your bottle of Perfect Press Black Cumin Oil.

Don't think of this as just another purchase.

It's not.

It's an investment in your long-term health.

I can't wait for you to start feeling the rewards that come from nourishing your body with this uniquely powerful oil.

All I ask is that you don't forget to take this oil every day.

Do that and you'll be amazed by how great you'll feel.

If you have any more questions, we have people waiting by the phone to answer them.

Don't hesitate to call.

Got Questions? Call Us.
1-866-271-7595



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