

**Directions:** Take one or more teaspoons daily. Makes a tasty addition to any food such as salad, soup, or vegetables. Also add to smoothies.

Oil of Black Seed is the natural way to feed the cells of the body with a luscious, aromatic oil. This is a top source of essential fatty acids, among other vital nutrients. This is the true, 100% cold-pressed Mediterranean black seed oil. Oil of Black Seed is a natural source of vitamin E, sterols, sterolins, and vital omega-3s, -6s, and -9s.\*

**\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.**

North American  
**Herb & Spice**

# Oil of Black Seed™

**ESSENTIAL FATTY ACIDS, STEROLS, & MORE**

- natural omega-3s, -6s, and -9s
- remote source
- highly aromatic
- natural antioxidant

## Supplement Facts

Serving Size: 1 teaspoon  
Servings per container: 72

	Amount Per Serving	% Daily Value
Extra virgin black seed oil		*
Garlic oil		*
Wild rosemary oil		*
Wild oregano oil		*

\*Daily value not established

100% cold-pressed, extra virgin

Mfd. for NAHS  
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