

**Directions:** Take two or more capsules daily with meals.

Black Seed•plus is a natural source for trace minerals including iron, zinc, calcium, magnesium, and chromium. All the ingredients found in Black Seed•plus are completely wild from remote, high mountain regions. Black seed is one of the most aromatic of all wild spices. Our Black Seed•plus is nonirradiated and free of all chemicals and additives. It is so tasty you can open the capsule and add it to your food.

\*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.

Mfd. for North American Herb & Spice  
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North American  
**Herb & Spice**

Power of Nature

**Black Seed•plus**<sup>TM</sup>

**OPTIMAL NUTRITIONAL SUPPORT**

- natural-source trace minerals
- remote wild spices
- 100% GMO free

90 VEGI CAPS

Dietary Supplement

## Supplement Facts

Serving Size 2 capsules

Servings per container 45

	Amount Per Serving	% Daily value
Proprietary blend	1400 mg	
Wild Mediterranean black seed		*
Mediterranean cumin		*
Red sour grape powder		*
Rhus coriaria powder		*
*Daily value not established		

Other ingredients: cellulose (vegi-capsule)  
(100% GMO free) Contains no animal products

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