

Directions: Take one or more teaspoons daily. Add to any food, salads, soups, or vegetables. Also add to smoothies.

Sesam-E is a nutritionally rich, mountain-grown food oil. It is a top natural source of gamma tocopherol, the most powerful antioxidant form of vitamin E. It is also rich in its own antioxidant sesamol. Research shows that Sesam-E conserves natural vitamin E levels. Sesam-E is cold-pressed to maintain vital nutrients and essential fatty acids. It is completely natural and derived from non-GMO sources.

North American Herb & Spice
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**North American
Herb & Spice**

Power of Nature™
Sesam-E™
NATURAL VITAMIN E AND MORE

- crude cold-pressed sesame oil
- essential fatty acids
- natural antioxidant

12 FL. OZ. (355 ML.)

Nutrition Facts

Serving Size: 1 tablespoon
Servings Per Container: 24

Amount Per Serving

Calories 90
Calories from fat 90

% Daily Value

Total Fat 10g 0%

Saturated Fat 1.5g 0%

Trans Fat 0g 0%

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 0%

Dietary Fiber 0g 0%

Sugars 0g

Protein 0g 0%

Not a significant amount of vitamin A, vitamin C, calcium, or iron

Percent daily values are based on a 2,000 calorie diet.

Ingredients: extra virgin Anatolian sesame seed oil, wild coriander oil, wild fenugreek oil, wild oregano oil

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