

Directions: Take one or more tablespoons daily. Add to any food, salads, soups, or vegetables.

Pumpkinol is a delicious, nutritious oil made from the seeds of a rare pumpkin which grows only on the hills of south central Austria. The luscious green oil from Austrian pumpkin seeds has been prized for centuries because of its nutritional value. Austrian pumpkin seed oil contains dozens of nutrients, including niacin, essential fatty acids, chlorophyll, potassium, phytosterols, and vitamin E.

100% cold-pressed, extra virgin

North American
Herb & Spice

Power of Nature™

Pumpkinol™

FORTIFIED COLD-PRESSED PUMPKIN SEED OIL

- aromatic taste
- natural-source vitamin E
- complete essential fatty acids
- natural phytosterols & chlorophyll

Nutrition Facts

Serving Size 1 Tbsp
Servings Per Container 24

Amount Per Serving

Calories 120
Calories from fat 120

% Daily Value

Total Fat 14g	21%
Saturated Fat 2.5g	14%
Polyunsaturated 7g	
Monounsaturated 3g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 0g	0%
Dietary Fiber 0mg	0%

Protein 0g

Vitamin E 10 IU	20%
Linoleic acid 553 mg	

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

Ingredients: extra virgin Austrian pumpkin seed oil, fennel oil, rosemary oil, coriander oil, oregano oil

Mfd. for
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