

**Suggested Usage:** Take 2 softgels 1 to 2 times daily with food.

Pumpkin Seed Oil is a nutritional oil with essential fatty acids (EFAs) and phytosterols. NOW® Pumpkin Seed Oil is cold pressed without the use of solvents, and derived only from the highest quality non-GMO pumpkin seeds.

**Caution:** For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children.

Natural color variation may occur in this product.

SOFTGEL SIZE

CODE 1840 V4



# Pumpkin Seed Oil

1000 mg

Nutritional Oil

- Essential Fatty Acids and Phytosterols
- Non-GMO, Cold-Pressed

100 Softgels  
A Dietary Supplement

Nutritional Oils

Family owned since 1968.

## Supplement Facts

Serving Size 2 Softgels Servings Per Container 50

	Amount Per Serving	% Daily Value
Calories	20	
Calories from Fat	20	
Total Fat	2 g	3%*
Saturated Fat	0.5 g	3%*
Trans Fat	0 g	†
Polyunsaturated Fat	1 g	†
Monounsaturated Fat	0.5 g	†
<b>Pumpkin Seed Oil (<i>Curcubita pepo</i>)</b>	<b>2 g (2,000 mg)</b>	<b>†</b>

\* Percent Daily Values are based on a 2,000 calorie diet.  
† Daily Value not established.

Other ingredients: Softgel Capsule (gelatin, water, glycerin).

NOW FOODS, 395 S. Glen Ellyn Rd.  
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Not manufactured with yeast, wheat, gluten, soy, milk, egg, fish or shellfish ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

Store in a cool, dry place after opening. Please Recycle.

