

**BLACK CUMIN SEED OIL** supports heart health and is used for its antioxidant properties. It can help support skin, hair, nails, and the immune system.

#### SUGGESTED USE

1 capsule taken 1 to 2 times daily, preferably with meals or as directed by a healthcare professional.

#### CAUTION

Do not exceed recommended dose. Pregnant or nursing mothers, children under 18, and individuals with a known medical condition should consult a physician before using this or any dietary supplement. This product is manufactured and packaged in a facility which may also process milk, soy, wheat, egg, peanuts, tree nuts, fish, and crustacean shellfish.

**Keep out of the reach of children. Do not use if safety seal is damaged or missing. Store in a cool, dry place.**



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.



PORTIONS  
MASTER

HAIR & SKIN SUPPORT

# BLACK CUMIN SEED OIL

500 MG  
PER SERVING | NON  
GMO

90  
VEGETABLE  
CAPSULES

DIETARY  
SUPPLEMENT

## Supplement Facts

Serving Size 1 Vegetable Capsule  
Servings Per Container: 90

Amount Per Serving	%Daily Value
Black Cumin Seed Oil ( <i>Nigella sativa</i> )	500 mg *

\*Daily Value not established.

**Other Ingredients:** Vegetable cellulose, d-alpha tocopheryl acetate, and silicon dioxide.

Portions Master® specializes in superior, high quality supplements that help maintain a healthy lifestyle. Our focus is to offer unique products and support our customers with overall wellness. Whether you are trying to build lean muscle, seeking immune support and antioxidants, or if you prefer vitamin-enriched products; we've got it!



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