

ACTUAL SIZE



CODE 1840 V3

Pumpkin Seed Oil is a nutritional oil rich in essential fatty acids (EFAs). Pumpkin Seed Oil is also known for its high phytosterol content. NOW® Pumpkin Seed Oil is unrefined, cold pressed without the use of solvents, and derived only from the highest quality pumpkin seeds.

NOW® Pumpkin Seed Oil delivers the natural nutrient profile found in Genuine Whole Foods.

SUGGESTED USAGE: As a dietary supplement, take 2 softgels 1 to 3 times daily with food. Consider taking these other NOW® products: ZMA®, Pygeum & Saw Palmetto and Nettle Root Extract.



Pumpkin Seed Oil

NUTRITIONAL OIL

1000 mg

100 Softgels

A Dietary Supplement

- Source of Essential Fatty Acids (EFAs)
- Rich Source of Phytosterols



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	†
Pumpkin Seed Oil (<i>Curcubita pepo</i>)	2.0 g (2,000 mg)	†

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

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

Manufactured by NOW FOODS, 395 S. Glen Ellyn Rd.

Bloomington, IL 60108 Made in the U.S.A. www.nowfoods.com

Contains no sugar, salt, starch, yeast, wheat, gluten, corn, soy, milk, egg, shellfish or preservatives.

Natural color variations may occur in this product.

Store in a cool, dry place. Please Recycle.