



bringing wellness to the world since 1969

Full Spectrum® Black Cumin Seed

Nigella sativa
Herbal Supplement

60 capsules • 400 mg



- DO NOT USE IF SEAL IS BROKEN.
- STORE IN A COOL, DRY PLACE.
- KEEP OUT OF REACH OF CHILDREN.

SUGGESTED USE:

As a dietary supplement, take one capsule one to two times per day with water.

WARNING: Do not take this product if you are pregnant or nursing.

Supplement Facts

Serving Size 1 Capsule

Amount Per Serving

Black Cumin (Nigella sativa) (seed) 400 mg*

*Daily Value not established.

Other ingredients: Gelatin, may contain one or more of the following: microcrystalline cellulose (plant fiber), magnesium stearate, silica.

DISTRIBUTED BY **SWANSON HEALTH PRODUCTS**

Fargo, ND 58104 USA

TO REORDER, CALL TOLL FREE **1-800-437-4148**

or visit our website at www.swansonvitamins.com



SW1361
6