



Organic Black Seed Oil

- Virgin, Cold-Pressed°
- Essential Fatty Acids°
- Immune Support°
- Cellular Health°
- Non-GMO°
- Vegan°

Net Wt. 16 fl. oz. (473 mL)



Gluten
Free

Dairy
Free

Soy
Free

Nut
Free

Supplement Facts

Serving Size 1 Teaspoon (5 mL)
Servings Per Container: About 95

	Amount Per Serving	% Daily Value
Calories	40	
Total Fat	4.5 g	6% [†]
Saturated Fat	0.5 g	3% [†]
Certified Organic Black Cumin (<i>Nigella sativa</i>)(seed oil)	4.6 g	*

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

Other Ingredients: None

Does not contain: Gluten, Sugar, Salt, Starch, Preservatives, Artificial Colors or Flavors.

STORE IN A COOL, DRY PLACE.
KEEP OUT OF REACH OF CHILDREN.

TAMPER EVIDENT
Do not use if outer seal
is broken or missing.

DIRECTIONS: Take one (1) teaspoon (5 mL) 1-2 times per day or as directed by your healthcare professional. Can also be used topically.

WARNING: Consult your healthcare provider prior to use if you are pregnant, nursing, taking any medication or have any medical conditions.

° 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.

Pure living, naturally true®

Welcome to the world of plnt®: an array of earth-friendly products including herbs, supplements, vitamins, multis, and whole foods independently tested to ensure purity, potency, and consistent quality. The plnt line of products is gluten- and dairy-free, with ingredients sourced in nature. That's why we leave out the "a" in plnt, to represent the absence of artificial preservatives, colors, flavors, or sweeteners. The result is nutrition that you can believe in.

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Certified Organic by the
New Mexico Department of Agriculture.



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