

**swanson.com**

or call 1-800-437-4148

- Contains both omega-6 linoleic acid and omega-9 oleic acid
- Promotes total body wellness
- Supports immune health

**Science-Backed Quality Since 1969**

**Suggested use:** As a dietary supplement, take one liquid veggie capsule one to two times per day with water.

**WARNING:** For adults only. Consult your physician before using this or any product if you are pregnant or nursing, taking medication or have a medical condition. Keep out of reach of children.

Do not use if seal is broken. 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.



**SWANSON®**

# Black Cumin Seed Oil

## Total Body Wellness

**500 mg**

**SOURCE OF OMEGA-6 AND OMEGA-9 FATTY ACIDS**

**DIETARY SUPPLEMENT | 60 LIQ VEGGIE CAPS**

## Supplement Facts

Serving Size 1 Liquid Veggie Capsule

Amount Per Serving	% Daily Value	
Vitamin E 3.4 mg	22%	
(as d-alpha tocopherol acetate)		
Black Cumin 500 mg	*	
Seed Oil (Nigella sativa)		
Providing minimum:		
Linoleic Acid 260 mg	*	
(omega-6)		
Oleic Acid 85 mg	*	
(omega-9)		
Stearic Acid 10 mg	*	

\*Daily Value not established.

Other ingredients: Hypromellose (vegetable capsule).

DISTRIBUTED BY SWANSON HEALTH PRODUCTS

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