

**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.



# Black Cumin Seed Oil

## Total Body Wellness

**500 mg  
per capsule**

**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).

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