

Suggested Usage: Take 2 softgels 1 to 2 times daily with food.

Pumpkin seed oil is a nutritional oil with essential fatty acids (EFAs) and phytosterols. NOW® Pumpkin Seed Oil is cold pressed without the use of solvents, and derived only from the highest quality non-GMO pumpkin seeds.

Caution: For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children.

Natural color variation may occur in this product.

SOFTGEL SIZE

CODE 1840 V5



Pumpkin Seed Oil

1000 mg

Nutritional Oil

Essential Fatty Acids and Phytosterols
Cold Pressed
100 Softgels
A Dietary Supplement



Contains Gelatin

Nutritional Oils

Family owned since 1968.

Supplement Facts

Serving Size 2 Softgels Servings Per Container 50

	Amount Per Serving	% Daily Value
Calories	20	
Total Fat	2 g	3%*
Saturated Fat	0.5 g	3%*
Polyunsaturated Fat	1 g	†
Monounsaturated Fat	0.5 g	†
Pumpkin Seed Oil (<i>Cucurbita pepo</i>)	2 g (2,000 mg)	†

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

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

NOW FOODS, 395 S. Glen Ellyn Rd.
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Not manufactured with yeast, wheat, gluten, soy, corn, milk, egg, fish or shellfish ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

Store in a cool, dry place after opening.

