

Organic Black Seed Oil has been used for thousands of years across cultures as a powerful traditional remedy. From the seeds of the flowering *Nigella sativa* plant - and known as "the seed of blessing" - this oil contains a unique blend of Omega-6 and Omega-9. At Nature's Way®, we're dedicated to providing you with the best the earth has to give, and that's why we source quality ingredients from the lands where they grow best. Our unrefined Organic Black Seed Oil comes from the Middle East, the indigenous growing region of the *Nigella sativa* plant and the highest quality source of black seed oil.

PREMIUM QUALITY

- Organic, Vegan, and Gluten-Free

COLD-PRESSED & UNREFINED

- No filler oils or chemical solvents, Hexane-Free
- 0.60% Thymoquinone, the key active compound in Black Seed Oil

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QUESTIONS? 1-800-9NATURE / natureway.com



Certified Organic by Pro-Cert



Nature's Way® Verified



*This statement has not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



ORGANIC BLACK SEED —OIL—

SUPPORTS ANTIOXIDANT
PATHWAYS*



COLD-PRESSED • UNREFINED

0.60% NATURALLY
OCCURRING THYMOQUINONE

8 FL. OZ. (236 mL) DIETARY SUPPLEMENT

RECOMMENDATION: Shake well before use. Take 1 teaspoon (tsp) [5 mL] 1 to 2 times daily. If you are pregnant, nursing, or taking any medications, consult a healthcare professional before use.

REFRIGERATE AFTER OPENING.

Supplement Facts

Serving Size 1 teaspoon (tsp) (5 mL)

Servings per Container 47

Amount per Serving	% DV	
Calories	40	
Total Fat	4.5 g	6%†
Saturated Fat	1 g	5%†
Trans Fat	0 g	**
Polyunsaturated Fat	2.5 g	**
Monounsaturated Fat	1 g	**
Cholesterol	0 mg	0%
Organic Black Cumin (<i>Nigella sativa</i>) (Seed) Oil containing 0.6% thymoquinone (27 mg)	4.5 g	**

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

INGREDIENT: organic black seed oil

GLUTEN FREE. No sugar, salt, yeast, wheat, corn, soy, dairy products, or artificial colors, flavors, or preservatives.

KEEP OUT OF REACH OF CHILDREN. Safety sealed with outer shrink-wrap and inner seal. Do not use if either seal is broken or missing.

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LOT/BEST BY