

Pumpkin Seed Oil is a nutritional oil rich in a balanced blend of Omega-3 and Omega-6 essential fatty acids (EFAs) with unique nutritive benefits for prostate and urinary health. Pumpkin Seed Oil is also known for its high phytosterol content. Nova Nutritions Pumpkin Seed Oil is unrefined, cold pressed without the use of solvents, and derived only from the highest quality pumpkin seeds.\*

**CAUTION:** For adults only, if you are pregnant, nursing, taking any medications or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur.

**Keep out of the reach of children.**

**Do not use if safety seal is broken or missing.**

**Keep in 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.



**NOVA**<sup>®</sup>  
NUTRITIONS

# Pumpkin Seed Oil

Natural source of Essential Fatty Acids (EFAs) & Phytosterols

1000 mg

180 Softgels

DIETARY SUPPLEMENT

## Supplement Facts

Serving Size: 2 Softgels

Serving Per Container: 90

	Amount Per Serving	% Daily Value
Calories	20	
Calories from Fat	20	
Total Fat	2 g	3% †
Saturated Fat	0.5 g	3% †
Trans Fat	0 g	**
Polyunsaturated Fat	1 g	**
Monounsaturated Fat	0.5 g	**
Pumpkin Seed Oil (Cucurbita pepo)	2,000 mg (2 g)	**

\*\* Daily Value not established.

† Percent Daily Values are based on a 2,000 calorie diet.

**OTHER INGREDIENTS:** Gelatin.

**SUGGESTED USE:** As a dietary supplement, take two (2) softgels one to three times daily, preferably with meals, or as directed by your qualified healthcare professional.

**FREE OF:** Artificial Color, Preservatives, Sugar, Starch, Milk, Corn, Gluten, Wheat, Yeast, Fish.

Manufactured for Nova Nutritions,  
Scotch Plains, New Jersey 07076  
www.novanutritions.com

Lot#

Exp:

