

Best Naturals Black Seed Oil is derived from the seeds of the Nigella Sativa plant (also known as black cumin) which is carefully harvested and extracted with a cold-press method in order to ensure our oil is of the highest standards. Black Seed Oil is a rich source of essential fatty acids (EFAs) and has anti-oxidant and anti-inflammatory properties therefore serves numerous health benefits when used regularly.\*

- Supports healthy immune system\*
- Supports healthy inflammatory response\*
- Supports digestive & respiratory health\*
- Supports healthy blood sugar level\*
- Supports healthy blood pressure\*

**SUGGESTED USE:** As a dietary supplement, adults take one (1) to two (2) teaspoonfuls daily, with food or as directed by your qualified healthcare professional.

**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, dark place away from direct heat & sun light.*

*\*These statements have not been evaluated by the FDA. This product is not intended to cure, prevent, treat or diagnose any disease.*



MADE IN USA



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# Black Seed

## (Black Cumin Seed)

### Cold Pressed Oil



100% Pure Guaranteed!  
Solvent Free – Alcohol Free  
Minimum 0.95% Thymoquinone (TQ)

8 FL OZ (236 ML)

DIETARY SUPPLEMENT

## Supplement Facts

Serving Size: 1 Teaspoon (5 g) Serving Per Container: 47

|                   | Amount Per Serving | %DV  |
|-------------------|--------------------|------|
| Calories          | 45                 |      |
| Calories from fat | 45                 |      |
| Total Fat         | 5 g                | 7.5% |
| Saturated Fat     | 1 g                | 5%   |

Black Cumin (Seed) Oil 5 g n/a  
(Contains Minimum 0.95% naturally occurring Thymoquinone)

Omega-3 (ALA) 0.5%  
Omega-6 (GLA) 59%  
Omega-9 (OA) 23%

Percent Daily Value is based on a 2000 calorie diet

\*Daily Value (D.V.) not established.

**OTHER INGREDIENTS:** Freshly Cold-Pressed & Unrefined Virgin Black Cumin (Nigella Sativa) Oil from Organic Sources.

*No Artificial Color, Flavor or Sweetener, No Preservatives, No Sugar, No Starch, No Corn, No Egg, No Lactose, No Gluten, No Wheat, No Yeast, No Fish. Sodium Free.*

Manufactured for Best Naturals,  
PO Box 394, Kenilworth NJ 07033 USA  
[www.shopbestnaturals.com](http://www.shopbestnaturals.com)

For additional information call 1-877-659-6004

Lot#

Exp#

