



**Suggested Use:** Adults, take 1 softgel daily. Optimally, for the first 15 days, take two servings daily. FOR DAILY USE.

## Supplement Facts

Serving Size 1 Softgel

Servings Per Container 30

Amount Per Serving	% Daily Value	
Calories (energy)	5	
Total Fat	0.5 mg	1%*
Blackseed Oil ( <i>Nigella sativa</i> )	500 mg	†
Thymoquinone 15 mg		

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

† Daily Value not established.

Other ingredients: Capsule shell (gelatin, glycerin, purified water).