

**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 1843 V1





# Pumpkin Seed Oil

## 1000 mg

### Nutritional Oil

Essential Fatty Acids and Phytosterols

Cold Pressed

# 200 Softgels

A Dietary Supplement



Nutritional Oils

Family owned since 1968.

# Supplement Facts

Serving Size 2 Softgels      Servings Per Container 100

|                                            | 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 (BSE-free), glycerin, water].

Manufactured & Quality Tested by NOW FOODS  
395 S. Glen Ellyn Rd., Bloomingdale, IL 60108, USA  
nowfoods.com

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.

