

HERBAL SECRETS® Black Seed Oil is derived by cold pressing the seeds of the *Nigella arvensis* plant (also known as black cumin). Black Seed Oil is rich in essential fatty acids and has antioxidant and anti-inflammatory properties; providing numerous health benefits.* Black Seed Oil supports digestive health as it may help relieve constipation, gas and diarrhea.* It may support respiratory health by relieving conditions like cough, congestion etc.* Black Seed Oil supports healthy immune function and cardiovascular health.*

SUGGESTED USE: As a dietary supplement, adults take one (1) to two (2) teaspoons of oil daily with food or as directed by a health care professional.

CAUTION: Do not exceed recommended dose. Pregnant or nursing mothers, children under 18, and individuals with a known medical condition should consult a physician before using this or any dietary supplement.

* 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.



**HERBAL
SECRETS®**

NATURAL DIETARY SUPPLEMENT

Black Seed Oil

Rich in Essential Fatty Acids & Vitamins

- 100% Pure & Cold Pressed
- Supports Digestive & Respiratory Health*
- Supports Healthy Immune Function*
- Supports Cardiovascular Health*



**16 fl. oz.
(473 ml)**

Supplement Facts

Serving Size: 1 Tsp (5 g) Serving Per Container: Approx. 32

Amount Per Serving	% Daily Value*
Calories	45
Fat Cal	45
Total Fat	5 g 7.5%
Saturated Fat	1 g 2%
Black Cumin (seed) Oil	5 g **
(Contains minimum 0.95% naturally occurring Thymoquinone)	
Omega-3 (ALA) 0.3% • Omega-6 (LA) 58.8% • Omega-9 (Oleic) 30%	

* Percent Daily values are based on a diet of 2,000 calories per day.
** % Daily Values not established.

INGREDIENT: Freshly Cold Pressed Virgin Black Cumin Seed Oil (Nigella arvensis).

CONTAINS NO: Artificial Flavor or Sweetener, Preservative, Sugar, Starch, Milk, Lactose, Soy, Gluten, Wheat, Yeast, Fish or Sodium.

STORAGE GUIDANCE: Store in a cool and dry environment away from direct sunlight, tightly sealed in the original container.

WARNING: KEEP OUT OF REACH OF CHILDREN. DO NOT USE IF SAFETY SEAL IS DAMAGED OR MISSING.



Manufactured for & Distributed by
HERBAL SECRETS®
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