

HERBAL SECRETS™ Organic Black Seed Oil is extracted by cold pressing the seeds of the *Nigella sativa* plant (also known as black cumin). Organic Black Seed Oil is rich in essential fatty acids and has antioxidant, anti-bacterial, and anti-inflammatory properties; providing numerous health benefits.* Organic 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, cold, allergies, congestion etc.* Organic Black Seed Oil supports healthy immune function and cardiovascular health.*

SUGGESTED USE: As a dietary supplement, adults take 1 teaspoon twice daily. If using for the first time, start with ½ tsp (with a small amount of food) and gradually increase over a few days.

CAUTION: Pregnant or nursing women, children under 18, and individuals with a known medical condition should consult a physician before using this or any dietary supplement. **KEEP OUT OF REACH OF CHILDREN. DO NOT USE IF SAFETY SEAL IS DAMAGED OR MISSING.**

*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.

HALAL • Vegan

**Naturally
Gluten Free**

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PRODUCT CODE
21040

100%
NATURAL
MADE IN
THE USA



**HERBAL
SECRETS™**

NATURAL DIETARY SUPPLEMENT

Organic Black Seed Oil

Rich in Essential Fatty Acids & Vitamins

- Contains Min. 0.95% Thymoquinone
- 100% Pure & Cold Pressed
- Supports Digestive & Respiratory Health*
- Supports Immune & Cardiovascular Health*

NET WT. 8 FL. OZ. (236 ML)

**48
SERVINGS**

Supplement Facts

Serving Size: 1 Tsp (5 g)

Serving Per Container: Aprox. 48

	Amount Per Serving	% Daily Value*
Calories	45	
Fat Cal	45	
Total Fat	5 g	7.5%
Saturated Fat	1 g	5%
Black Cumin (seed) Oil	5 g	**
Thymoquinone (TQ) [naturally occurring]	48 mg	**
Omega-3 (ALA) 0.3% • Omega-6 (LA) 58.8% • Omega-9 (OA) 22%		

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

** % Daily Values not established.

INGREDIENT: Freshly Cold-Pressed & Organic Virgin Black Cumin Seed (*Nigella sativa*) Oil.

CONTAINS NO: Artificial Flavors or Sweeteners, Preservatives, 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.

NOTE: Batches may vary in taste, color or Thymoquinone content.

**HERBAL
SECRETS™**

Manufactured for & Distributed by:
HERBAL SECRETS™

629 Grove Street
Jersey City, NJ 07310

Certified Organic by: Baystate Organic Certifiers