

Directions: Take one teaspoon daily. Makes a tasty addition to any food such as salad, soup, or vegetables. Also add to smoothies.

Raw Black Seed Oil is a powerful monounsaturated oil complex, which supports the health of all cells, especially heart and arterial cells.* A natural source of thymoquinone, it's the most potent of all oils for supporting a healthy cardiac system and healthy blood pressure support and lung/bronchial support.* It also supports a healthy digestive and immune response.* It's pure, 100% cold-pressed Mediterranean black seed oil. Our raw Black Seed oil is a natural source of vitamin E, sterols, sterolins, melanin, plus omega -6s, and -9s, plus it contains all the enzymes naturally.

*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.



Supplements Facts

Serving Size: 1 tsp. (5g)

Servings Per Container: 48

Amount Per Serving	% Daily Value
Calories 45	Calories from fat 45
Total Fat 5g	7.5%
Saturated Fat 1g	5%
Trans Fat 0g	0%
Black Cumin (seed) Oil 5g	*
Thymoquinone 40mg	
Omega-6 2.75g	55%
Omega-9 1.3g	26%

Percent daily values are based on a 2,000 calorie diet.
*Daily value not established

Ingredients: 100% cold-pressed extra virgin black cumin seed oil (*Nigella sativa*). Guaranteed Non-GMO

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