

Organic Pumpkin Seed Oil is a Natural Source of Essential Fatty Acids (EFAs)*

Organic Pumpkin Seed Oil is a cold-pressed oil produced from the natural seeds of Cucurbita pepo, commonly known as a pumpkin. This wonderful natural oil is known to support prostate and urinary tract health.*

Great for use in salads, added to smoothies, or on its own.



BLEND



SALAD



ON-ITS-OWN



COOK

Organic Pumpkin Seed Oil may also be used for cooking!



@HealthLogics #HealthLogics #OptimalHealth

* These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



Manufactured for:
Health Logics Laboratories, Inc.
Anaheim, CA 92806 USA
www.health-logics.com
1 (888) 402-1600
Certified Organic by SCS Global Services



PUMPKIN SEED OIL
COLD PRESSED & ORGANIC

Supports Prostate Health*
Naturally Occurring Phytosterols
Natural Source of Fatty Acids



12 fl oz (360 ml)
Dietary Supplement



Supplement Facts

Serving Size 1 Tablespoon (15 mL)
Servings Per Container 24

Amount Per Serving		% Daily Value
Calories 120		
Total Fat	14g	18%*
Saturated Fat	2.5g	13%*
Cholesterol	0mg	0%
Organic Pumpkin Seed Oil	15 mL (13.8g)	**
Omega-6	2.5g§	
Omega-9	5.5g§	

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

**Daily Value Not Established

§Typical Values

Free of: Gluten, Soy, Shellfish, Fish, Egg, Milk, Peanuts & Sugar

Suggested Use: Suggested Use: Adults, as a dietary supplement take one (1) tablespoon one to two times daily, preferably with meals or as recommended by your health practitioner. Great for use in salads, added to smoothies, or on its own!

Note: Consult your healthcare provider if you are pregnant or lactating, having a serious health condition, or taking prescription medication.

Store in a cool, dry place with lid tightly closed. Keep out of the reach of children.