

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

NAHS raw Black Seed oil is the natural way to feed the cells of the body with a luscious, aromatic oil. It is fortified with potent antioxidative spice oils to make it shelf stable and prevent rancidity. This is the true, thymoquinone-rich, 100% cold-pressed Mediterranean black seed oil. Black Seed oil is a natural source of vitamin E, sterols, sterolins, melanin, omega-6s, and -9s.*

*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.

**North American
Herb & Spice**

Freshly cold-pressed

Raw



Black Seed

Supports a healthy digestive response*

Cardiovascular & immune support*

Thymoquinone-rich, enzymes intact

12 FL. OZ. (355 ML.)

Dietary Supplement

Supplement Facts

Serving Size: 1 teaspoon
Servings per container: 72

Amount Per Serving	% Daily Value
Extra virgin black seed oil	*
Wild, organic oregano oil	*

*Daily value not established

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