

Directions: Take one or more tablespoons daily. Add to any food, salads, soups, or vegetables.

Pumpkinol is a delicious, nutritious, cold-pressed oil made from Styrian pumpkin seeds. The luscious, dark-green oil from Austrian pumpkin seeds has been prized for centuries, because of its nutritional value. Pumpkinol contains dozens of key nutrients, including niacin, essential fatty acids, chlorophyll, potassium, phytosterols, and vitamin E. Use it to support hormonal health throughout the whole body.

*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



PumpkinolTM

Healthy whole body hormonal support*

Healthy prostate support*

Natural source vitamin E & sterols

Styrian-Austrian source

12 FL. OZ. (355 ML.)

Dietary Supplement

Nutrition Facts

Serving Size 1 Tbsp
Servings Per Container 24

Amount Per Serving

Calories 120
Calories from fat 120

% Daily Value

Total Fat	14g	21%
Saturated Fat	2.5g	14%
Polyunsaturated	7g	
Monounsaturated	3g	
Cholesterol	0mg	0%
Sodium	0mg	0%
Total Carbohydrate	0g	0%
Dietary Fiber	0mg	0%
Protein	0g	
Vitamin E	10 IU	20%
Linoleic acid	553 mg	

Percent daily values are based on a 2,000 calorie diet.

Ingredients: extra virgin Austrian pumpkin seed oil, fennel oil, coriander oil, wild rosemary oil, and wild oregano oil.

Mfd. for
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