

swanson.com
or call 1-800-437-4148

- Contains both omega-6 linoleic acid and omega-9 oleic acids
- Promotes total body wellness
- Supports immune health

Science-Backed Quality Since 1969

Suggested use: As a dietary supplement, take one liquid veggie capsule one to two times per day with water.

WARNING: For adults only. Consult your physician before using this or any product if you are pregnant or nursing, taking medication or have a medical condition. Keep out of reach of children.

Do not use if seal is broken. Store in a cool, dry place.

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.



Black Cumin Seed Oil

Total Body Wellness

500 mg per capsule SOURCE OF OMEGA-6 AND OMEGA-9 FATTY ACIDS

DIETARY SUPPLEMENT | 60 LIQ VEGGIE CAPS

Supplement Facts

Serving Size 1 Liquid Veggie Capsule

Amount Per Serving		% Daily Value
Vitamin E	3.4 mg	22%
(from d-alpha tocopherol acetate)		
Black Cumin Seed Oil (Nigella sativa)	500 mg	*
Providing minimum:		
Linoleic Acid (omega-6)	200 mg	*
Oleic Acid (omega-9)	85 mg	*
Stearic Acid	10 mg	*

*Daily Value not established.

Other ingredients: Hypromellose (vegetable capsule).

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