



Black Seed Oil is cold pressed from the *Nigella sativa* plant seeds. Black Seed Oil is high in antioxidants and omega fatty acids. Black Seed Oil may help support the immune system function, promote healthy blood pressure and blood sugar levels, support the brain, skin, hair and joint health.

DIRECTIONS: Take 1-2 teaspoons per day, preferably with food or beverage. Can also be applied topically.

CAUTION: Do not exceed recommended dose. Pregnant or nursing mothers, children under 18, and individuals with a known medical condition should consult a physician before using this or any other dietary supplement.

KEEP OUT OF THE REACH OF CHILDREN. DO NOT USE IF SAFETY SEAL IS DAMAGED OR MISSING. 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 mitigate any disease.

zero ADDED ARTIFICIAL INGREDIENTS



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ORGANIC BLACK SEED OIL

100% Cold-Pressed

- ✓ Non-GMO Black Cumin Seed Oil
- ✓ Very High Thymoquinone Content
- ✓ Immune System Support
- ✓ Rich Source Of Omega 6 & 9

DIETARY SUPPLEMENT
8FL OZ / 240ml

USDA
ORGANIC

Supplement Facts

Serving Size: 1 teaspoon (5g)

Servings Per Container: 48

	Amount Per Serving	%DV*
Calories	44	
Total Fat	5 g	8%
Saturated Fat	1 g	2%
Organic Black Cumin Seed Oil (<i>Nigella Sativa</i>)	5 g	†
Thymoquinone	75 mg	†

Omega 3 (ALA) 0.50% • Omega 6 (GLA) 54% • Omega 9 (OA) 25%

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

† Daily Value not established.

Ingredients: 100% Cold Pressed Organic Black Seed Oil

100%
NATURAL



Formulated
in the USA



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www.NUTRIONN.com

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