

MTS Nutrition Black Seed Oil is cold pressed for maximum potency from Nigella Seeds (Nigella Sativa). This oil is rich in fatty acids, including palmitic (C16:0), stearic (C18:0), oleic (C18:1) and linoleic (C18:2) fatty acids. Black Seed Oil is rich in antioxidants such as thymoquinone to help support immune health.\*

**Directions for use:** As a dietary supplement, consume 2 quick release softgels daily, preferably with a meal.

**Warning:** Read entire label prior to use. Not for use by individuals under the age of 18. Do not use if you are pregnant or nursing. Consult your physician prior to use if you are using any medications and/or have any medical conditions. Discontinue use and call a physician or licensed qualified health care professional immediately if adverse reactions occur. Do not exceed recommended serving. Keep out of reach of children.

\*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

**WARNING:** Consuming this product can expose you to chemicals which are known to the State of California to cause birth defects or other reproductive harm.  
For more information go to [www.P65Warnings.ca.gov](http://www.P65Warnings.ca.gov)



# BLACK SEED OIL

100% COLD PRESSED

## Supplement Facts

Serving Size: 2 Softgels  
Servings Per Container: 60

| Amount Per Serving                    |      | %DV** |
|---------------------------------------|------|-------|
| Calories                              | 9    |       |
| Fat                                   | 1g   | 2%    |
| Polyunsaturated Fat                   | 0.4g | †     |
| Black Cumin Seed Oil (Omega 3 ALA) 1% |      |       |
| Omega 6 (LA) - 40-67%, Omega 9        |      |       |

\*\* Percent Daily Values are based on a 2,000 calorie diet.  
† Daily Value not established.

**Other Ingredients:** Gelatin, Vegetable Glycerin

SUPPORTS IMMUNE HEALTH\* | RICH IN ANTIOXIDANTS | ZERO FILLERS



FORMULATED, TESTED & MANUFACTURED IN THE USA FOR:  
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DIETARY  
SUPPLEMENT

