

Puritan's Pride® supplements are produced from the finest raw materials under stringent quality control standards. State-of-the-art manufacturing and packaging facilities ensure you the highest quality nutritional supplements money can buy. When it comes to your health...choose the best.

**WARNING:** This product is intended for use by men and is not intended for use by women. If you are taking any medications or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Keep out of reach of children. Store at room temperature. Do not use if seal under cap is broken or missing.



\*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

**TO REORDER ITEM # 221**  
[www.puritan.com](http://www.puritan.com)  
1-800-645-1030

Carefully Manufactured for  
**PURITAN'S PRIDE, INC.**  
Ronkonkoma, NY 11779 U.S.A.  
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**Puritan's Pride**

# PUMPKIN SEED OIL 1000mg

**COLD PRESSED**  
Traditional Nutrient  
for Prostate &  
Urinary Health\*  
**FLOW GUARD™**



**Herbal Supplement**

**100 RAPID RELEASE SOFTGELS**

**DIRECTIONS:** For adult men, take one (1) softgel four times daily, preferably with meals.

## Supplement Facts

Serving Size 1 Softgel

Amount Per Serving		% Daily Value
Calories	10	
Total Fat	1 g	1%**
Pumpkin Seed Oil ( <i>Cucurbita pepo</i> )	1,000 mg (1 g)	***

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

\*\*\*Daily Value not established.

Other Ingredients: Gelatin, Vegetable Glycerin.

No Artificial Color, Flavor or Sweetener, No Preservatives, No Sugar, No Starch, No Milk, No Lactose, No Soy, No Gluten, No Wheat, No Yeast, No Fish. Sodium Free.