

DR. MERCOLA®

organic
**BLACK
SEED
OIL**



Cold-Pressed and
Extra Virgin



250 mL (8.4 FL. OZ.)

Black seed oil has been traditionally used for nutrition and wellness. This cold-pressed, extra virgin oil comes from black cumin seeds, which yield a warm and peppery aroma and flavor.

SUGGESTED USE: Mix one tablespoon (15 mL) of Organic Black Seed Oil into your favorite smoothie, shake, tea or coffee. Drizzle Organic Black Seed Oil over salads, or mix into culinary dishes after cooking for added flavor. Store in a cool, dark place.



Nutrition Facts

About 16 servings per container
Serving size 1 Tbsp (15mL)

Amount per serving

Calories 120

% Daily Value

Total Fat 15g 19%

Saturated Fat 2g 10%

Sodium 0mg 0%

Total Carbohydrate 0g 0%

Protein 0g

Not a significant source of *trans* fat, cholesterol, dietary fiber, total sugars, added sugars, vitamin D, calcium, iron, and potassium

INGREDIENTS: ORGANIC BLACK CUMIN (*NIGELLA SATIVA*) SEED OIL.

DISTRIBUTED BY: NHP, 125 SW 3rd Place
Cape Coral, FL 33991 USA (877) 985-2696

CERTIFIED ORGANIC BY: Control Union EG-BIO-149

Product of Egypt 40148-v105

