



# BLACK SEED OIL

3,000mg Thymoquinone  
Organic • Unrefined • Cold-Pressed  
Omegas • Antioxidants • Amino Acids

1 FLUID OZ (30ml)

Black Seed is a valuable source of Essential Fatty Acids Omega 3, 6, and 9. It also contains the powerful phytochemicals Nigellone and Thymoquinone, along with other nutrients that work synergistically to support various functions within the body.

**Directions:** Shake well before use. Take up to 30 drops (1 full dropper or 1ml).

Nutrition Facts		Serving Size: 30 drops (1ml) (1 full dropper)	Servings per container: 30
Amount per serving		<b>12</b>	<b>Ingredients:</b> Concentrated Unrefined Organic Cold-Pressed Nigella Salvia (Black Seed) Oil
<b>Calories</b>			
	<b>Amount Per Serving</b>	<b>% Daily Value*</b>	*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
<b>Total Fat</b>	1g	1%	**Daily Value not established.
Calories From Fat	12		
Linoleic Acid (Omega 6)	605mg	**	<b>Caution:</b> If pregnant or nursing, consult your physician before using this or any other supplement. Keep out of reach of children.
Alpha Linolenic Acid (Omega 3)	235mg	**	
Oleic Acid (Omega 9)	190mg	**	This information has not been evaluated by the FDA and is not intended to treat, diagnose, cure, or prevent any disease. This information is not intended as a substitute for the advice or medical care of a qualified healthcare professional and you should seek the advice of your healthcare professional before undertaking any dietary or lifestyle changes.
<b>Total Carbohydrate</b>	0g	0%	
<b>Protein</b>	0g	0%	

Distributed By  
Green Organics LLC • Heart & Body Naturals  
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HBNaturals.com

Lot #C15717 • Best Used By February 2024

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healthy begins now