

3" x 6.6875" - Matte Finish

Black Seed Oil (BSO, *Nigella sativa* oil, or black cumin oil), naturally contains Thymoquinone (TO) which has many beneficial properties for daily use.*

DIRECTIONS: Take 1 teaspoon (tsp) of Havasu Nutrition Black Seed Oil Liquid. Always consult your healthcare physician prior to use.



SMOOTHIE



DIRECTLY BY MOUTH



RECIPE

CAUTION: Use only as directed. Consult your healthcare provider before use if you are contemplating pregnancy, pregnant, nursing, have any medical condition, or use any medications. For adult use only.



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HAVASU
NUTRITION®

ORGANIC BLACK SEED OIL VIRGIN, COLD PRESSED VEGAN LIQUID

UNFLAVORED

8 fl oz (236 mL)
DIETARY SUPPLEMENT



SUPPLEMENT FACTS

Serving Size: 1 Teaspoon (4.9 mL)
Servings Per Container: About 48

	Amount Per Serving	%DV
Calories	40	
Total Fat	4.5 g	6%
Saturated Fat	1 g	5%
Monounsaturated	1 g	**
Polyunsaturated	2.5 g	**

Organic Black Cumin Oil (*Nigella sativa*) (seed) 4.9 mL **

*Percent Daily Values are based on a 2,000 calorie diet.
**Daily Value (DV) not established.

MANUFACTURED FOR:

Havasu Nutrition
239 2nd Ave. S, 2nd Floor
St. Petersburg, FL 33701 USA
support@havasunutrition.com

**Certified Organic by Utah Department
of Agriculture and Food**

KEEP OUT OF 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 PREVENT ANY DISEASE.