

Suggested Usage: Take 2 softgels 1 to 2 times daily with food.

Pumpkin seed oil is a nutritional oil with essential fatty acids (EFAs) and phytosterols. Our Pumpkin Seed Oil is cold pressed without the use of solvents, and derived only from the highest quality non-GMO pumpkin seeds.

Caution: For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children.

Natural color variation may occur in this product.

Naturally occurring dark particulates may be visible in the pumpkin seed oil but do not affect the quality of the product.

This bottle is made from 100% PCR (post-consumer recycled) resin.



Manufactured for and Distributed by:
Penn Herb Co. Ltd.
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Item # V50A



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Nature's Wonderland
Premium Supplements
Since 1924

PUMPKIN SEED OIL

(Cucurbita pepo)

Cold Pressed Nutritional Oil
1000 mg Per Softgel

100 Softgels
Dietary Supplement

Supplement Facts

Serving Size 2 Softgels Servings Per Container 50

	Amount Per Serving	% Daily Value
Calories	20	
Total Fat	2 g	3%*
Saturated Fat	0.5 g	3%*
Polyunsaturated Fat	1 g	†
Monounsaturated Fat	0.5 g	†
Pumpkin Seed Oil (<i>Cucurbita pepo</i>)	2 g (2,000 mg)	†

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

† Daily Value not established.

Other ingredients: Softgel Capsule [bovine gelatin (BSE-free), glycerin, water].

Not manufactured with yeast, wheat, gluten, soy, milk, egg, fish, shellfish or sesame ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

Store in a cool, dry place after opening.

Non-GMO