

WHY BIODYNAMIC®?

Biodynamic® agriculture goes beyond Organic Standards to enhance the nutrition and quality of the food being grown, with a heavy focus on sustainable, holistic farming.

SUGGESTED USE: Mix one tablespoon (15 mL) of Biodynamic® Organic Black Seed Oil into your favorite smoothie, shake, tea or coffee. Drizzle Biodynamic® 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: BIODYNAMIC® ORGANIC BLACK CUMIN (*NIGELLA SATIVA*) SEED OIL.

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

Produced by ISIS for Food Processing for NHP

CERTIFIED ORGANIC BY: Control Union EG-BIO-149

Product of Egypt

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