



Pumpkinol™

Fortified Austrian pumpkinseed oil

Pumpkinol is the original spice oil-fortified Austrian pumpkinseed oil. The power and benefit of Austrian pumpkinseed oil is legendary. This powerful seed oil comes from the rare, green-striped pumpkin, which is far higher in the key phytochemicals than the commercial type. Pumpkinol is a top source of plant sterols, which fight the toxicity of estrogen and testosterone. Plus, this rich oil is an excellent source of vitamin E and omega fatty acids.

The vitamin E content of Pumpkinol is considerable at some 20 IUs per two tablespoons. This means a regular intake of this oil can supply the daily vitamin E requirement. Additionally, it contains all the key forms of vitamin E, and it is an excellent source of highly cleansing chlorophyll. Pumpkinol is also an excellent source of the omega-6 fatty acid known as linoleic acid. Since this is a seed oil, it is inordinately rich in various phytosterols. Phytosterols are used by a variety of body systems.

Pumpkinol is fortified with natural spice oils, including oil of fennel and coriander. This helps stabilize the pumpkinseed oil, increasing shelf life. It is highly stable, far more stable than commercial sources. Plus, it is darker than commercial pumpkinseed oil, a sign of its nutrient density. This is the real original Styrian Austrian pumpkinseed oil, crude and cold-pressed using an old-fashioned method. It is a truly whole and unprocessed food oil in its natural state. Pumpkinol is an ideal source of nourishment for all ages, especially males and females over 40, but also pregnant and nursing mothers.

Directions: Take 1 tablespoon or more daily. Pour over baked potatoes, salads, and vegetables—enjoy. (Not for use in cooking.)

Nutrition Facts	
Serving Size 1 TBSP	
Servings Per Container 24	
Amount Per Serving	
Calories 135	
Calories from fat 135	
% Daily Value	
Total Fat 14g	22%
Saturated Fat 1g	5%
Polyunsaturated 7.5g	
Monounsaturated 5.5g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 0g	0%
Dietary Fiber 0mg	0%
Protein 0g	
Vitamin E 10 IU	20%
Linoleic acid 553 mg	
Percent daily values are based on a 2,000 calorie diet.	

Ingredients: extra virgin Austrian pumpkinseed oil, natural flavors (antioxidant essential oil blend)



To place an order: North American Herb & Spice, P.O. Box 4885, Buffalo Grove, IL 60089
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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.