



Pumpkin Seed Oil Capsules

Food supplement

Good to know:

The pumpkin is a tried-and-tested plant that originates from America, but that is now grown across the world. The oil of the Styrian oil pumpkin *Cucurbita pepo* L. convar. *Citrullina* var. *styriaca* from controlled organic cultivation is considered as especially valuable. Pumpkin Seed Oil Capsules support a healthy bladder and prostate and, when taken over a long period, contribute to maintaining the normal function of the urinary organs.

Ingredients:

Pumpkin Seed Oil * (74 %), Gelatin, Glycerin moisturizers, antioxidant Tocopherol Extracts.

***Certified organically grown.** DE-ÖKO-001.

80 % of the ingredients of agricultural origin have been produced according to the organic farming regulations.

Each capsule contains 500 mg pure pumpkin seed oil from the seeds of ripe pumpkins.

| | per capsule | per daily dose (=6 capsules) | per 100 g capsules |
|--|-------------|---------------------------------|-----------------------|
| pumpkin seed oil | 500 mg | 3000 mg | 74 g |
| of which is fat | 500 mg | 3000 mg | 74 g |
| of which are saturated fatty acids | 80 mg | 480 mg | 12 g |
| unsaturated fatty acids | 420 mg | 2520 mg | 62 g |
| of which are monounsaturated fatty acids | 170 mg | 1020 mg | 25 g |
| poly unsaturated fatty acids | 250 mg | 1500 mg | 37 g |

No Nutrient reference value for the daily intake according to VO (EU) No. 1169/2011 has yet been established

Recommended use:

Take 1-2 capsules 3 times daily unchewed with the meals with sufficient liquid.

Keep out of direct sunlight. Store dry and not above 25°C.

Food supplements should not be used as a substitute for a varied and balanced diet and do not replace a healthy lifestyle.

Keep out of the reach of young children. The recommended daily dose should not be exceeded.

Made in Germany

Contents 150 capsules = 99 g

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