

North American  
Herb & Spice

Freshly cold-pressed

# Pumpkinol™

**Supports a healthy whole body hormone response plus healthy prostate function\***

**Whole food vitamin E source • Highly absorbable omega-3 fatty acids • Healthy plant sterols**

Pumpkinol is the original spice oil-fortified, Austrian pumpkin seed oil. This is an extract of the rare super dark-green pumpkin seed. The power and benefit of Austrian pumpkin seed oil is legendary. Pumpkinol is far higher in the key phytochemicals than the commercial type. It 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 linoleic acid. Since this is a seed oil, it is inordinately rich in various phytosterols. Phytosterols are used by a variety of body systems and are needed by all cell membranes, including the membranes of the prostate cells.\*



Pumpkinol is fortified with natural spice oils, including oils of fennel and coriander. This helps stabilize the pumpkin seed oil, increasing shelf life. It is highly stable, far more stable than commercial sources. Plus, it is darker in color than commercial pumpkin seed oil, a sign of its nutrient density and rich chlorophyll content. Pumpkinol is the real, original, Styrian Austrian pumpkin seed 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. Also good on ice cream and cottage cheese.

## MEDITERRANEAN MEDLEY CHOPPED VEGETABLE SALAD

1 wedge feta or cow's milk cheese  
4 parsley root, chopped  
3 carrots, chopped  
8 cherry tomatoes, sliced in half  
1 T Seggiano balsamic vinegar  
3 T Pumpkinol  
3 medium turnips, pulled and cut into chunks  
contents of 3 OregaMax capsules  
sea salt to taste

In a bowl combine chopped root vegetables and cheese. Add cherry tomatoes; sprinkle with spice and sea salt. Drizzle with vinegar and oil. Mix well; top with a bit of Pumpkinol or Sesam-e for extra nutrition if desired.

Try this  
delicious  
recipe



North American Herb & Spice, 13900 W. Polo Trail Drive, Lake Forest, IL 60045  
1-800-243-5242 • 1-847-473-4700 • fax: 1-847-473-4780 • [www.oreganol.com](http://www.oreganol.com)

\*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.