

Name :

Date :

UNDERSTANDING MEDICINE LABELS

Carefully read the product label, answer the following short-answer questions based on the label, and provide clear and concise answers in the spaces given.

RECOMMENDED USAGE:

Adults – Take 2 capsules once a day. Take with food.

Do not use during pregnancy or breastfeeding. Not to exceed the recommended daily usage. Not to be used as a substitute for a varied diet. Recommended duration will vary as per the consumer needs. Keep out of reach of children. NOT FOR MEDICINAL USE. Store below 30°C in a dry place away from direct sunlight.

DO NOT USE IF CAP SEAL IS BROKEN OR MISSING.

INGREDIENTS:

Nigella sativa (black cumin) seed oil, capsule shell (INS 428), humectant (INS 422), purified water, stabilizer (INS 322(i)), vehicle (sunflower oil), tocopherols.

Contains soy and sulphites. No added artificial colours or flavours.

NUTRITIONAL INFORMATION (APPROXIMATE VALUES):

Serving size: 2 capsules (755 mg x 2) No. of servings: 15	Per serving	%RDA
Energy	8.16 kcal	0.43
Total fat	1.04 g	5.2
Saturated fat	0.22 g	**
Trans fat	0.01 g	**
Cholesterol	0.03 mg	**
Carbohydrate	0 g	**
Protein	0 g	0
Sodium	0 mg	0
<i>Nigella sativa</i> (black cumin) seed oil	1 g (1000 mg)	**
Omega-6 fatty acid (linoleic acid)	510 mg	**
Omega-9 fatty acid (oleic acid)	150 mg	**

* %RDA based on ICMR RDA 2010 values established for adults (1900 kcal).

** %RDA not established.

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Lic. No.:

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1. What is the recommended daily usage for adults?

2. How many servings are in the container?

3. How much energy is provided per serving (2 capsules)?

4. What is the total fat content per serving?

5. How much omega-6 fatty acid (linoleic acid) is in each serving?

6. Are there any carbohydrates in each serving?