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Pumpkin Seeds Raw Chinese - 1 lb



NOW Pumpkin Seeds are a healthy snack that can be enjoyed all year long. This wonderful source of nutrients is naturally rich in essential fatty acids, magnesium, iron, zinc, protein, and fiber. Raw pumpkin seeds are so healthy in fact, the precious oil inside is pressed and used as a nutritional oil as well. NOW supplies 1000 mg of pumpkin seed oil in softgel form for those wanting the benefits of pumpkin seeds in a convenient capsule form.

PRODUCT #: 7025
UPC: 733739070258
SRP: $3.49
Where to Buy
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Nutrition Info

Serving Size: 1/4 cup

	Amount Per Serving	% Daily Value
Calories	185	
Calories from fat	130	
Total Fat	15 g	23%
Saturated Fat	4 g	20%
Cholesterol	0 g	0%
Sodium	5 mg	0%
Total Carbohydrate	4 g	1%
Dietary fiber	3 g	12%
Sugar	0 g	
Protein	9 g	
Vitamin A		2%
Calcium		0%
Magnesium		40%
Vitamin C		0%
Iron		15%
Zinc		15%

* Percent Daily Values are based on 2,000 calorie diet.
† Daily Value not established.

Details

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Leaves of Tea, Tea Chest



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Serving Size: 1/4 cup

Servings per container: 15

Other Ingredients: Chinese Pumpkin Seeds

Warnings: None

Disclaimers: None

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A holiday gift of warmth and happiness! One of the greatest gifts one can give is the gift of health, and now you can do just that with this beautiful sculpted metal tea chest. This...

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