

EVENING PRIMROSE OIL PRODUCT INFO SHEET



Description

Nutritional support for skin and female health.

Ingredients

Evening Primrose Oil: The oil of Evening Primrose (*Oenothera biennis* L.) has been sought after due to its content of gamma-linolenic acid (GLA). Evening Primrose Oil (EPO) contains 8-10% GLA (Omega 6), 50-70% cis-linoleic acid (Omega-6), and small amounts of oleic, palmitic, and stearic acid. As a source of both GLA and other Omega-6 essential fatty acids, EPO is often taken as a daily supplement by many, and used therapeutically in skin and female health. GLA has been shown to inhibit platelet aggregation. GLA is a precursor to PGE1 prostaglandins, responsible for a number of health benefits.

Supplement Facts

Serving Size: 1 Soft Gel

Servings Per Container: 90

	Amount Per Serving	% Daily Value
1 soft gel contains		
Evening Primrose Seed Oil	1300 mg	*
Providing Gamma-Linolenic Acid (from Evening Primrose Seed Oil)	117 mg	*

* % Daily Value not established.

Other Ingredients: Gelatin, Glycerin and Water.



Dosage

SUGGESTED USE: As a dietary supplement, 1 or more softgel capsules per day or as recommended by your health care professional.

Contraindications

Not to be taken with blood thinning medications. Mild stomach upset or allergic reaction may occur with any herbal product. Move dose closer to meals or cease product use if symptoms persist

These statements have not been evaluated by the FDA. This product is not intended to treat, diagnose, prevent, or cure any disease. Consult a physician before taking. Should you experience any serious physical side effects from taking these nutritional supplements, discontinue and call your doctor immediately.