

# Extra High Potency Evening Primrose Oil

With Starflower Oil 1000mg 12% GLA

## Presentation

**A soft capsule.**

### Each capsule delivers:

Evening Primrose Oil with Starflower Oil providing:	1000mg
Gamma Linolenic Acid (GLA)	120mg
Vitamin E	10mg

### Encapsulated with:

Capsule Shell (Modified Starch, Glycerol, Gelling Agent: Carrageenan).

**Disintegration time:** Less than 30 minutes.

**Suitable for vegetarians** (V) **and vegans** (V)

quantity

90

type

capsules

code

8505



## Uses

This product combines evening primrose oil with starflower (borage) seed oil to give a blend that is richer in Gamma-Linolenic Acid (GLA) than straight evening primrose oil.

GLA is the precursor of a particularly important prostaglandin called PGE1, which takes part in regulating the nervous, cardiovascular and reproductive systems, skin condition and other biological functions.

Whilst the body can make GLA from linoleic acid (the Omega 6 fatty acid present in vegetable oils) this conversion is sometimes slow or partially blocked. Hence, a dietary source of GLA can be very useful to the body in by-passing the conversion process, and numerous clinical trials have established that GLA supplements can be effective in certain situations.

This product provides approximately 50% more GLA per capsule than the similar sized evening primrose capsules on the market, and each capsule also provides 10mg of Vitamin E.

**This product can be recommended to:**

- Women going through the menopause
- Women at the time of their period
- Anyone wishing to keep their skin in good condition.

### Usage and administration

1 to 3 capsules daily.

### Allergen advice

None (see page 194).

### Cautions

Evening Primrose Oil should only be given to Epileptics (temporal lobe) under medical supervision.

### Storage instructions

To be stored in a cool, dry place and protected from light.

### Legal category

Food supplement.

