

Pure Starflower Oil 1000mg

(High Strength GLA 220mg)

Presentation

A soft capsule.

Each capsule delivers:

Starflower Oil	1000mg
of which Saturates	4mg
Monounsaturates	250mg
Polyunsaturates	635mg
of which	
Gamma-Linolenic Acid (GLA)	215mg

Encapsulated with:

Capsule Shell (Modified Starch, Glycerol, Gelling Agent: Carrageenan)
Antioxidant: dl alpha Tocopheryl.

Disintegration time: Less than 30 minutes.

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

quantity
90

type
capsules

code
8499



Uses

Starflower (borage) seeds have the highest Gamma-Linolenic Acid (GLA) level of any plant material, and these capsules have a guaranteed level of 215mg GLA, making this product one of the strongest available. The advantage of this is that only one capsule per day needs to be taken which means it is a good alternative for those currently taking a lot of 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 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 capsule daily.

Allergen advice

None (see page 194).

Cautions

This product 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.

