

EVENING PRIMROSE OIL

Helps Alleviate the Discomfort Associated with PMS and Menopause[◇]



Evening Primrose Oil contains GLA (Gamma Linolenic Acid), which is essential in the maintenance of good health, and healthy skin.[◇] Evening Primrose Oil (EPO) is one of the most precious and valuable oils in nature. It supplies Essential Fatty Acids (EFAs) which cannot be made by the body but must be obtained from your diet. EFAs help maintain healthy looking skin as well as support circulation and healthy joints.[◇]

Evening Primrose Oil naturally provides essential fatty acids that must be supplied through the diet. Essential fatty acids sustain the structural parts of cell membranes and are the principal components of hormone-like substances.

- Evening Primrose Oil has achieved well-known acceptance and recognition for its vital role in women's health today.
- Evening Primrose Oil can provide important benefits to women of all ages including women experiencing PMS or menopause that have specific nutritional interests.
- Evening Primrose Oil has become a staple in dietary supplements that offer support for hormonal balance.
- Evening Primrose Oil contains one of the most biologically active forms of the omega-6 fatty acid, Gamma-Linolenic acid (GLA).

REFERENCES:

1. Cheney R, Hussain S, Tayob U, et al. Effect of oral gamma linolenic acid from evening primrose oil on menopausal flushing. *BMJ*: 308: 501-502. 1994.
2. Khoo SK, Munro C & Battistutta D. Evening Primrose oil and treatment of premenstrual syndrome. *Med J Aust*: 153(4): 189-192. 1990.

Supplement Facts

Serving Size 2 Capsules
Servings Per Container 30

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Calories	9	Evening Primrose Oil	1000 mg **
Total Fat	1 g 1%*	Gamma Linolenic Acid	80 mg **
Saturated Fat	0 g	*Percent Daily Values are based on a 2,000 calorie diet.	
Trans Fat	0 g	**Daily Value not established.	
Vitamin E (D-Alpha-Tocopherol)	20 mg α-TE 133%		

INGREDIENTS: Evening Primrose Oil, Capsule Shell (Glycerin (Vegetable)), Modified Starch (from Corn), Carrageen Moss (*Chondrus crispus* Stackh.; Carrageenan), Water, Sodium Carbonate, Vitamin E (D-Alpha-Tocopherol (Antioxidant; from Soy))

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As with all supplements, please consult your physician prior to taking if you are pregnant or attempting to become pregnant, breast-feeding, under a doctor's care or taking prescription medication. Keep out of reach of children.

Allergy Information: This product contains soy-derived vitamin E, and is processed in the same facility that processes products containing fish/shellfish, soy and dairy.

This product was not tested on animals.

Suitable for Vegans.

DIRECTIONS: Take two capsules daily.

[◇]These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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