



## PRODUCT INFORMATION

### Pregnancy Pre & Post Natal

## GLA 130 PRIMROSE OIL



Primrose oil is derived from evening primrose, a yellow flowering herb native to the Americas. It is a source of omega-6 fatty acids, including Gamma-Linolenic Acid (GLA) and linolenic acid (LA), that helps to maintain optimal skin health. LA accounts for approximately 12% of fatty acids in the skin, and helps maintain the integrity of the epidermal barrier. Omega-6 fatty acids promote epithelial cell function and support moisture levels in the skin and eyes. In a randomized, placebo-controlled trial, daily supplementation with evening primrose oil for three months promoted skin firmness and elasticity in adults. Recent research indicates that the skin benefits from evening primrose oil supplementation may take over four weeks to develop, as skin cells must regenerate.

**Recommended dose:** take one capsule two times daily with meals

#### EACH CAPSULE CONTAINS:

Evening Primrose Seed Oil	1300mg
Yielding	
GLA (Gamma- Linolenic Acid)	130 mg
LA (Linoleic Acid)	960 mg
OA (Oleic Acid)	70 mg
PA (Palmitic Acid)	78 mg

**Non-Medicinal Ingredients:** Gelatin, glycerin, purified water, d-alpha tocopheryl acetate.