

BORAGE/ STARFLOWER OIL

19% GLA - 500mg

C190



Borage/starflower oil is high in the essential omega-6 fatty acid linoleic acid (LA) and the non-essential omega-6 fatty acid gamma linolenic acid (GLA).

- Borage/starflower oil has a higher content of GLA compared to evening primrose oil.
- Cold pressed and contains 500mg of borage oil per capsule, providing excellent levels of gamma linolenic acid (GLA) at a minimum of 19%.
- Good levels of omega-6 fatty acids may be beneficial in supporting the symptoms of premenstrual syndrome and many women choose to supplement with borage oil around the time of their period or during the menopause.

Product Information:

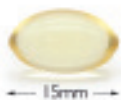
90 capsules = 45-90 days supply

Suitable for:

Women and children (aged 12 years and over)

Form:

Capsule



Borage/ Starflower Oil

1 capsule provides on average:

Active Nutrient	Strength	%NRV+
Borage Oil	500mg	*

of which GLA not less than 19% of total fatty acids (95mg GLA).

+NRV = Nutrient Reference Value
* Indicates no NRV

Ingredients: Cold pressed borage/starflower oil providing gamma-linolenic acid (GLA), capsule shell: starch, glycerine, water.

Suggested Intake: 1 to 2 capsules daily with food as a food supplement or as directed by a practitioner.

Allergen Advice: None.

Contraindications: If you are pregnant, breastfeeding or taking anticoagulant medication check with your doctor or practitioner before use.

Storage: Keep cool, dry & out of direct sunlight.

