

ITEM #3231  
B3230 08H



ACTUAL SIZE



**Standardized**

# Evening Primrose Oil

**1300 mg**

**117 mg GLA (9%)**

100% Pure Solvent Free

**Supports Skin and Nerve Health\***

Dietary Supplement

**60 RAPID RELEASE  
SOFTGELS**



## Supplement Facts

Serving Size 1 Softgel

Amount Per Serving	%Daily Value	
Calories	15	
Calories from Fat	10	
Total Fat	1.5 g	2%**
Polyunsaturated Fat	1 g	***
Evening Primrose Oil (seed) (Standardized to 9% GLA)	1,300 mg (1.3 g)	***
Cis-Linoleic Acid (LA)	949 mg	***
Gamma-Linolenic Acid (GLA)	117 mg	***

\*\*Percent Daily Values are based on a 2,000 calorie diet.

\*\*\*Daily Value not established.

**Other Ingredients:** Gelatin, Vegetable Glycerin.

**No Gluten, No Yeast, No Wheat, No Milk or Milk Derivatives, No Lactose, No Soy, No Egg, No Corn, No Grapefruit, No Fish, No Sweetener, No Sugar, No Starch, No Preservatives, No Artificial Color, No Artificial Flavor, No Sodium.**

**\*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.**

**Directions:** For adults, take one (1) to four (4) softgels daily, preferably with a meal.

Evening Primrose Oil is a natural source of Gamma-Linolenic Acid, a fatty acid not made in large quantities by the body and not commonly found in food. GLA is a precursor to prostaglandins, action-specific biomolecules that regulate many important cell functions including skin and nerve health.\* GLA is important for women's health issues including PMS.\* Our EPO is standardized to a high concentration level of 9% GLA. By scientifically isolating active constituents to create a standardized formula, we ensure that they remain at consistent concentration levels with each dose. Evening Primrose Oil is one of the best products of its kind on the market: 100% solvent free and cold pressed, and guaranteed by assay for potency and consistency.

**WARNING:** If you are pregnant, nursing, taking any medications or planning any medical procedure, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Keep out of reach of children. Store in a cool, dry place. Do not use if seal under cap is broken or missing.

Manufactured by Good 'N Natural®, Bohemia, NY 11716 USA  
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