

**NATURE'S WAY® BORAGE OIL** is the highest quality oil—guaranteed to contain 23% gamma-linolenic acid (GLA).

**COLD-PRESSED AND UNREFINED**  
No chemical solvents, starch, or artificial colors.

**KEEP OUT OF REACH OF CHILDREN.** Safety sealed with printed inner seal. Do not use if seal is broken or missing. Store in a cool, dry place.

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Green Bay, WI 54311 USA

**QUESTIONS?** 1-800-9NATURE / naturesway.com

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PLEASE  
RECYCLE



# BORAGE OIL



**COLD-PRESSED • UNREFINED**

**1,300 MG PER SERVING**  
**23% GAMMA-LINOLENIC ACID (GLA)**

**60 SOFTGELS DIETARY SUPPLEMENT**

**RECOMMENDATION:** Adults take 1 softgel one to two times daily. If you are pregnant, nursing, or taking any medications, consult a healthcare professional before use.

## Supplement Facts

Serving Size 1 Softgel

Amount per Serving	% DV	
Calories	15	
Total Fat	1.5 g	2%†
Saturated Fat	0 g	0%†
Trans Fat	0 g	**
Polyunsaturated Fat	0.5 g	**
Monounsaturated Fat	0 g	**
Cholesterol	0 mg	0%
Borage Oil (seed)	1.3 g	**
Omega-6 Fatty Acids	740 mg	**
Linolenic Acid (LA)	440 mg	**
Gamma-Linolenic Acid (GLA)	300 mg	**
Omega-9 Fatty Acids as Oleic Acid (OA)	190 mg	**

†Percent Daily Values (DV) are based on a 2,000 calorie diet. \*\*Daily Value not established.

**OTHER INGREDIENTS:** gelatin [softgel], glycerin, purified water