

Scan for
product info

Read the entire label and follow the directions
carefully prior to use.

DIRECTIONS: Take one (1) softgel one
to two times daily with food, or as
recommended by a healthcare practitioner.

CAUTION: If you are taking anticoagulant or
antiplatelet medications, or have a bleeding
disorder, consult your healthcare provider
before taking this product.

WARNINGS:

- KEEP OUT OF REACH OF CHILDREN.
- DO NOT EXCEED RECOMMENDED DOSE.
- Do not purchase if outer seal is broken
or damaged.
- When using nutritional supplements, please
consult with your physician if you are
undergoing treatment for a medical
condition or if you are pregnant or lactating.



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**LIFE
EXTENSION®**

Mega GLA

Sesame Lignans



GLUTEN FREE



NON
GMO
LE CERTIFIED

Highly Concentrated GLA Formula

30 SOFTGELS | **DIETARY
SUPPLEMENT**

Supplement Facts

Serving Size 1 Softgel

Amount Per Serving	% Daily Value	
Calories	5	
Total Fat	0.5 g	<1% ¹
Saturated fat	0	0% ¹
Gamma-linolenic acid (GLA) [from borage oil (seed)]	400 mg	**
Sesame seed lignan extract	10 mg	**

^{**}Daily Value not established.

¹Based on a 2000 calorie diet.

Other ingredients: gelatin, glycerin, silica, purified
water, carob.

Manufactured for:

Quality Supplements and Vitamins, Inc.

Ft. Lauderdale, FL 33309 • LifeExtension.com

To report a serious adverse event or obtain product
information, contact 1-866-280-2852.

Store tightly closed in a cool, dry place.