

# Evening Primrose Oil

90 soft gel capsules, Essential Fatty Acid Supplement, Stock No. 1787-7

Evening Primrose Oil contains a rich supply of essential fatty acids (EFAs). Evening Primrose Oil owes much of its beneficial action to the presence of gamma linolenic acid (GLA), an omega-6 fatty acid.

## *Did you know?*

Essential fatty acid supplements have been used to treat the symptoms of a variety of illnesses, including cancer, diabetes, PMS, multiple sclerosis, and inflammation, hormonal, heart and circulatory disorders.<sup>1</sup>

Under certain conditions of illness and dietary deficiency, our body may be unable to make GLA from linoleic acid, and Evening Primrose Oil can compensate for this inability.<sup>2</sup>

## *NSP Advantage*

90 soft gel capsules. Essential fatty acid supplement.

*Ingredients:* Evening Primrose (*Oenothera biennis*) Oil – 500 mg capsule contains 45 mg of gamma linolenic acid (GLA), 340 mg of linoleic acid (LA), 35 mg oleic acid and 15 IU vitamin E (as a preservative).

*Recommendation:* Take one capsule with a meal three times daily.

1. Alive Research Group, *Encyclopedia of Natural Healing*, Alive Books, 1998, page 217.

2. Erasmus, *Fats That Heal Fats That Kill*, Alive Books, 1993.

## Features & Benefits

- Evening Primrose Oil is a source of essential fatty acids.
- NSP Evening Primrose Oil is cold extracted and refined and is GMO-free.
- GLA has been studied for relief of symptoms of arthritis and premenstrual syndrome.
- GLA is an intermediate in the production of prostaglandins. Prostaglandins are important hormone-like compounds that regulate various functions in the body.