

# Evening Primrose Oil



Recommended by  
Angie Svoboda, Pharm D.

1300 mg

## DESCRIPTION

Evening Primrose Oil provides a source of the omega-6 fatty acid gamma linolenic acid (GLA). The evening primrose oil used in this formula is derived from pure, expeller pressed, hexane-free oil. Hexane is a solvent that may be used to maximize oil extraction but is toxic. Expeller pressing produces little to no heat, which, in turn, helps maintain the integrity of the fatty acids.

## FUNCTIONS

Gamma linolenic acid is a fatty acid found primarily in vegetable oils, one of the richest sources being evening primrose oil. The human body produces GLA from linolenic acid, however, a lack of GLA can occur when there is a reduction in the efficiency of this process (such as occurs in aging populations) or in disease states where there is excessive consumption of GLA metabolites. Gamma linolenic acid is the precursor to a class compounds known as prostaglandins, specifically prostaglandin E1 (PGE1). Among their functions, prostaglandins regulate and can be either pro-inflammatory or anti-inflammatory. Gamma linolenic acid favors the formation of the latter, thus supporting healthy immune function. Although further research is needed, GLA might help to support a healthy immune response for conditions associated with aberrant immune function, such as eczema. Other studies suggest that GLA may help with neuropathies associated with diabetes.

## INDICATIONS

Evening Primrose Oil may be a useful dietary supplement for those who wish to fortify their diet with GLA and support healthy immune function.

## SIDE EFFECTS

No adverse effects have been reported.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

## FORMULA (WW #10058)

### 1 Softgel Capsule Contains:

Calories.....	12
Calories from Fat.....	12
Evening Primrose Seed Oil.....	1,300 mg
<i>(Ononothera biennis)</i>	
Gamma Linolenic Acid (GLA).....	117 mg
Cis-Linoleic Acid.....	925 mg
Oleic Acid.....	70 mg
Palmitic Acid.....	78 mg
Other Ingredients: Softgel (gelatin, glycerin, and water).	

Our Evening Primrose Oil 1300 mg is 100% pressed and Hexane Free. It is derived from the seeds of the Evening Primrose, a high source of Gamma-Linolenic Acid.

This product contains NO added sugar, salt, dairy, yeast, wheat, gluten, corn, soy, preservatives, artificial color or flavors.

## SUGGESTED USE

Adults take 1 softgel capsule 2-3 times daily with meals or as directed by a healthcare professional.

## STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children

## REFERENCES

- Flider, Frank J (May 2005). "GLA: Uses and New Sources". *INFORM* 16 (5): 279-282.
- Horrobin DF (1993). "Fatty acid metabolism in health and disease: the role of delta-6-desaturase" (pdf). *Am. J. Clin. Nutr.* 57 (5 Suppl): 732S-736S; discussion 736S-737S.
- Belch JJ, Hill A (2000). "Evening primrose oil and borage oil in rheumatologic conditions". *Am. J. Clin. Nutr.* 71 (1 Suppl): 352S-6S.
- NIH Medline Plus. "MedlinePlus Herbs and Supplements: Evening primrose oil". Retrieved January 19, 2007.
- Takwale A, Tan E, Agarwal S et al. (2003). "Efficacy and tolerability of borage oil in adults and children with atopic eczema: randomised, double blind, placebo controlled, parallel group trial". *BMJ* 327 (7428): 1385.

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**Good Life Pharmacy**

125 South 16th St.  
Ord, NE 68862  
308.728.3295