

## Mega GLA with Sesame Lignans

### 60 softgels

Item Catalog Number: 00756

Omega-6 fatty acids are well-supplied in the diet by meat and vegetable oils. However, not all omega-6 fatty acids are of equal value. Linoleic acid (not to be confused with ALA, which is in the omega-3 family) and arachidonic acid (AA) tend to be unhealthy because they are the precursor of inflammatory eicosanoids, such as prostaglandin E2 (PGE2), thromboxane A2, and leukotriene B4, which promote inflammation. In contrast, gamma linolenic acid (GLA), found in evening primrose oil, borage oil, and black currant oil, is an important fatty acid that plays a beneficial role in healthy prostaglandin formation.<sup>59</sup> Health conscious people have been consuming a lot of borage oil to obtain GLA, the parent of the biologically active DGLA (di-homo-gamma-linolenic acid).

Life Extension's Mega GLA provides 285 mg of GLA plus 10 milligrams of sesame lignans. These sesame lignans increase beneficial DGLA, and they also help reduce the production of proinflammatory arachidonic acid, which is responsible for the formation of destructive prostaglandin E2 and leukotriene B4.<sup>60</sup> Numerous studies have documented GLAs multiple health effects, but information about the ability of sesame to prevent the conversion of GLA into arachidonic acid indicates that many more people may now be able to benefit from supplementing with GLA.<sup>61</sup>

## References

### Supplement Facts

Serving Size 1 softgel

Servings Per Container 60

### Amount Per Serving

Calories	12
Calories from fat	12
Total Fat	1.3 g
Saturated fat	0.25 g
Monounsaturated fat	0.25 g
Polyunsaturated fat	0.8 g
Borage seed oil ( <i>Borago officinalis</i> ) supplying 285 mg gamma-linolenic acid (GLA)	1300 mg
Sesame seed ( <i>Sesamum indicum</i> ) lignan extract	10 mg

Other ingredients: gelatin, glycerin, water, silica, soy lecithin, carob.

Contains soybeans. Contains sesame.

This product contains NO milk, egg, fish, peanuts, crustacean shellfish (lobster crab, shrimp), tree nuts, wheat, yeast, gluten, corn, or rice. Contains NO sugar, and no artificial sweeteners, flavors, colors, or preservatives.

## Dosage and Use

- Take one softgel one to two times daily with food, or as recommended by a healthcare practitioner.
- Up to five softgels can be taken daily.
- Do not take with fiber supplements.

## Caution

Those taking anticoagulant drugs like Coumadin® (warfarin) should inform their doctor that they are taking GLA, EPA, or DHA supplements, as the physician may want to adjust the dose of anticoagulant medication based on tests that measure coagulation factors such as template bleeding time.

Since GLA, EPA, and DHA interfere with blood clotting, those who suffer from any type of hemorrhagic disease related to excessive bleeding or blood vessel leakage should consult their physician before supplementing these fatty acids.

This product should not be used by individuals who have an allergy to sesame.

## Warnings

- Keep out of reach of children.
- Do not exceed recommended dose.
- Do not purchase if outer seal is broken or damaged.
- If you have a bad reaction to product discontinue use immediately.
- 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.

## Related Keywords

Borage, Omega 6, Fatty Acid

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