

Flaxseed-Primrose Oil**1300 mg, 90 softgels**

Item Catalog Number: 4076

Source Naturals Flaxseed-Primrose Oil provides both *omega*-3 and *omega*-6 essential fatty acids (EFA's). EFA's act as precursors to molecules such as prostaglandins, thromboxanes and leukotrienes, which help regulate cellular function. EFA's have been shown to play a role in blood pressure maintenance, sustaining healthy skin and providing nutritional support during women's cycles.*

Flaxseed oil, a rich vegetable source of *alpha*-linolenic acid (ALA) and evening primrose oil, a natural source of *gamma*-linolenic acid (GLA), provide a potent combination of EFA's.

Supplement Facts

Serving Size 2 softgels

Servings Per Container 45

Amount Per Serving

Calories	25
Calories from Fat	25
Total Fat	2.5 g
Polyunsaturated Fat	2.0 g
Flaxseed/Primrose Oil Complex	2.6 g

(Organic Flaxseed Oil 1.6 g; Evening Primrose Oil 1 g)

Yielding *omega*-3 & *omega*-6 fatty acids:

<i>alpha</i> -Linolenic Acid (ALA)	880 mg
Linoleic Acid	846 mg
<i>gamma</i> -Linolenic Acid (GLA)	95 mg

Other ingredients: gelatin (capsule), glycerin, and purified water.

Hypoallergenic: contains no yeast, dairy, egg, gluten, corn soy or wheat.

Contains no sugar, starch, salt, preservatives, or artificial color, flavor or fragrance.

Dosage and Use

- One to two softgels twice daily with meals, or as recommended by your health care professional.

Caution

If you are pregnant or breastfeeding, consult your health care professional before using this product.

These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure or prevent any disease. The information provided on this site is for informational purposes only and is not intended as a substitute for advice from your physician or other health care professional or any information contained on or in any product label or packaging. You should not use the information on this site for diagnosis or treatment of any health problem or for prescription of any medication or other treatment. You should consult with a healthcare professional before starting any diet, exercise or supplementation program, before taking any medication, or if you have or suspect you might have a health problem. You should not stop taking any medication without first consulting your physician.