

## Evening Primrose Oil

**1300 mg, 60 softgels**

Item Catalog Number: 00487

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 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>8\*</sup>

Evening primrose is a wildflower that is now grown commercially. The oil from the seeds is historically used as medicine. Evening primrose oil (EPO) contains an omega-6 essential fatty acid, gamma-linolenic acid (GLA), which is felt to be the active ingredient, and has been recommended for many different problems, particularly inflammatory conditions.

## References

### Supplement Facts

Serving Size 1 softgel

Servings Per Container 60

#### Amount Per Serving

Evening primrose oil 1300 mg

Supplying:

Gamma-linolenic acid (GLA) 117 mg

Gamma-linolenic acid (GLA) 9%

Linoleic acid 70%

Oleic acid 6%

Other fatty acids 15%

Other ingredients: gelatin.

### Dosage and Use

- Take one to two softgels daily with meals.
- Do not take with fiber supplements.
- Product should be refrigerated.

### 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.

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