

Evening Primrose

1000 mg

High in GLA and LA
(gamma-linolenic acid and linoleic acid)

- IDEAL FOR PMS
- COLD PRESSED
- BEAUTIFIES THE SKIN
- CERTIFIED ORGANIC



Evening primrose is native to North America. Originally used for the treatment of asthma, stomach and digestive disorders and bruises, there is renewed interest in the herb because of the oil in this plant.

Approximately 70% of the oil is cis-linoleic acid, and as much as 9% cis-gamma-linolenic acid (GLA). The oil also contains campesterol and beta-sitosterol. Gamma-linolenic acid (GLA) is an essential polyunsaturated fatty acid that the body converts to a hormone-like substance called prostaglandin E₁ (PGE₁). PGE₁ has anti-inflammatory properties and may also act as a blood thinner and blood vessel dilator.

The anti-inflammatory properties of EPO have been studied in double blind research with people suffering from rheumatoid arthritis. Some, but not all, studies have reported that EPO supplementation provides significant benefits to these people. GLA, the primary active ingredient in EPO, has anticancer activity in test tube experiments.

Primrose oil has been used to treat the symptoms associated with premenstrual syndrome: irritability, headaches, breast tenderness and bloating. It has also been helpful in the treatment of eczema. There are claims that increased doses help rheumatoid arthritis and slow the progression of multiple sclerosis.

Linoleic Acid

Linoleic acid, a common fatty acid found in nuts, seeds, and most vegetable oils (including EPO), should theoretically convert to PGE₁. But many things can interfere with this conversion, including disease, the aging process, saturated fat, hydrogenated oils, blood sugar problems, and inadequate amounts of vitamin C, magnesium, zinc, and B vitamins. Supplements that provide GLA circumvent these conversion problems, leading to a more predictable formation of PGE₁. Despite the fact that most over-the-counter pain relievers and many prescription arthritis medicines work primarily by blocking prostaglandin synthesis, prostaglandins do play an important role in many biochemical reactions. Very few plants contain GLA in any significant quantity.

Uses

Premenstrual syndrome, allergies and bronchial asthma, high blood cholesterol, skin conditions (such as acne, eczema and psoriasis), autoimmune conditions (multiple sclerosis, lupus, rheumatoid arthritis, scleroderma), obesity, diabetes mellitus and immune system depression.

Ingredients per softgel:

Evening Primrose oil (Certified Organic)	1000 mg
Contains not less than 10% GLA	
Gamma Linolenic Acid (GLA) (10%) *E.F.A.	100 mg
Oleic Acid	100 mg
Linoleic Acid (LA)	680 mg
Vitamin E (d-Alpha-Tocopherol)	30 IU
*Essential fatty acid	

Non-medicinal ingredients: In a shell containing gelatin, glycerin and purified water.

Contains no: Preservatives, artificial flavour or colour, sugar, milk, starch, wheat, corn, soy or yeast. Solvent-free.

Suggested use:

As a dietary supplement of important fatty acids, take 1 softgel after every meal.

Keep out of reach of children.

Manufactured under strict GMP (Good Manufacturing Practices)
New Roots Herbal at 1-800-268-9486 or www.newrootsherbal.com