EPO Evening Primrose Oil 120 softgels
# 71260




This renowned oil, prepared from the seeds of the Evening primrose plant is the closest to the actual formulation used in the original research studies done on GLA. Some individuals therefore prefer to obtain their GLA from this source. GLA is an omega-6 fatty acid the body may use in hormone production, fat metabolism, and insulin regulation. These plants are wild crafted in Asia and the oil is cold pressed and hexane free. Standardized to 9% GLA.*

**Each softgel contains:**

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| Calories | 5 |
| Calories from Fat | 5 |
| Total Fat | 500 mg |
| Evening Primrose Oil | 500 mg |
| Gamma-Linolenic Acid (Omega-6) | 45 mg |
| Linoleic Acid (Omega-6) | 375 mg |

**Suggested Use:**
As a dietary supplement, 1 softgel one or two times daily with meals, or as directed by a healthcare practitioner.