



Borage Seed Oil

Supports inflammatory responses within normal ranges, supports skin and nerve health, and helps reduce premenstrual discomfort.*

Borage Oil is derived from the seeds of the borage plant, *Borago officinalis*, which is a rich source of the Omega-6 essential fatty acid, Gamma Linolenic Acid (GLA). Each 1,000 mg soft gel capsule yields 240 mg of GLA.

Essential fatty acids (EFAs) are polyunsaturated fats that the body cannot manufacture and must be obtained from the diet. EFAs play a vital role in the structure of cell membranes, they also promote healthy hair and skin as well as supporting proper cardiovascular, nerve, neurological and immune system functions.*

EFAs are also used by the body for the production of prostaglandins. Prostaglandins are hormone like substances that act as chemical messengers and regulators of various body processes. They control a multitude of essential functions including mood, liver function, circulation, blood pressure, hormone production and secretion, neurotransmitter synthesis and release and inflammatory pathways.

The Omega-6 essential fatty acid Gamma Linolenic Acid (GLA) is made from Linoleic Acid (LA) in the body, but producing GLA from LA requires the use of an enzyme called delta-6-desaturase (D-6-D). The activity of this enzyme can be blocked by a variety of causes, so it can be beneficial to supplement with GLA directly.

The body uses GLA to produce the PGE1 series of prostaglandins, which support immune system function, skin health and regulate proinflammatory reactions.* Prostaglandin E1 (PGE1) has an inhibitory effect on inflammatory cells and also inhibits platelet aggregation and has vasodilatory activity.

Recommended for those with inflammatory, skin or respiratory conditions, for those with hypertension or elevated serum lipid levels or those with premenstrual discomfort.*

GLA contributes to healthy nerve development and may help to improve nerve impulse transmission.*

Because GLA helps to improve optimal blood flow, it may help to improve reproductive function.*

Inflammatory prostaglandins are released during menstruation, so supplementing with GLA may help to decrease discomfort associated with inflammatory prostaglandin release.*

Some skin disorders develop when the body has trouble converting dietary fats into GLA, so supplementing with GLA may improve skin health.*

Borage Oil has been cold pressed which means you get the full advantage of its natural compounds. Some manufacturing procedures use heat which renders the fats inactive and unusable by the body.

Supplement Facts

Serving Size 1 Softgel

Amount Per Serving

Calories	10
Calories from Fat	10
Total Fat	1 g
Polyunsaturated Fat	0.5 g
Borage (<i>Borago officinalis</i>) Seed Oil	1,000 mg
Which typically contains:	
Gamma Linolenic Acid (GLA)	240 mg
Linoleic Acid (LA)	380 mg

Other Ingredients: gelatin, vegetable glycerin, purified water.

Warning: If pregnant or nursing, consult your healthcare practitioner before taking this product.

Suggested Use: As a dietary supplement, adults take one softgel twice daily, preferably with meals, or as directed by your healthcare practitioner.

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*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.