



Evening Primrose Oil 1000 mg

Nature's Harmony® Evening Primrose Oil 1000 mg is a supplement providing omega-6 essential fatty acids (EFA) with the addition of Vitamin E. The oil is derived from the seeds of the evening primrose plant (Oenothera biennis), which is native to North America.

PRODUCT CODE: 400240

HEALTH SOLUTIONS:

RECOMMENDED USE	DOSAGE FORM	RECOMMENDATIONS
Source of essential fatty acids for the maintenance of good health.	Softgel capsule	Take 2 softgels one to three times daily.

DESCRIPTION:

Nature's Harmony® Evening Primrose contains cis-linoleic acid (LA), gamma-linolenic acid (GLA) and vitamin E. The oil is extracted naturally without the use of hexane or other chemical solvents and cold pressed to prevent nutrient loss during processing. It is manufactured under optimal conditions and packaged in a light-resistant bottle to ensure the highest quality of essential fatty acids.

Recommended Daily Allowance: N/A

Food Sources: None.

Causes of Deficiency: A diet low in GLA (gamma-linolenic acid).

Symptoms of Deficiency: Increased inflammatory conditions, PMS, eczema, rheumatoid arthritis.

Complementary Nutrients: Zinc, calcium and magnesium, vitamin B6, vitamin C, MSM.

HOW IT WORKS:

Evening primrose oil is used in the treatment of PMS symptoms and mastalgia (cyclic breast pain). It is also considered helpful in rheumatoid arthritis, eczema, and other inflammatory conditions due to its anti-inflammatory effects. GLA seems to be responsible for these effects since it reduces production of an inflammatory immune factor known as interleukin-1 (IL-1). GLA is rapidly metabolized in the body to form beneficial prostaglandins (powerful hormone-like compounds that regulate our blood, immune system and hormones).



DID YOU KNOW...

It takes at least three months of treatment with evening primrose oil to notice a beneficial effect.

Evening Primrose Oil 1000 mg

RESEARCH:

Nature's Harmony® Evening Primrose Oil 1000 mg is supported by scientific research, especially in the area of reducing cyclic breast tenderness. Open, randomized studies of 291 patients with severe persistent breast pain, in whom breast cancer had been excluded, showed good responses were obtained with evening primrose oil in 45% of patients. In one study of 34 women with persistently disturbing mastalgia, researchers commenced treatment with evening primrose oil. Responses were measured at six months, when an overall useful response rate of 97% was observed.

SIDE EFFECTS:

Nature's Harmony® Evening Primrose Oil is generally well tolerated. Sensitive individuals may experience mild gastrointestinal effects, indigestion, nausea, headaches or softening of the stools.

OTHER CONSIDERATIONS:

Vitamin E is added to this formulation as an important antioxidant to prolong shelf life and prevent the oxidation and degradation of the oil.

LABEL:

Nature's Harmony®

Huile d'onagre
1000 mg
Pressée à froid

Une source d'acides gras essentiels pour le maintien d'une bonne santé

90 gélules
NPN 80005438

Usage recommandé: Une source d'acides gras essentiels pour le maintien d'une bonne santé.

Dose recommandée (adultes): Prendre 2 gélules une à trois fois par jour.

Ingrédient médicamenteux:
Chaque gélule contient:
Huile de graine d'onagre (*Oenothera biennis*)...1000 mg
fournissant:
Acide linoléique...739 mg
Acide gamma-linolénique...92 mg
Acide oléique...70 mg
Ingrédients non médicamenteux: vitamine E, gélatine.

Ce produit ne contient pas de maïs, ingrédients laitiers, oeuf, gluten, crustacés, sulfites, ni colorants, arômes ou agents de conservation artificiels.

RANGER DANS UN ENDROIT FRAIS ET SEC. TENIR HORS DE PORTÉE DES ENFANTS.

Nature's Harmony®

Evening Primrose Oil
1000 mg
Cold-Pressed

Source of Essential Fatty Acids for the Maintenance of Good Health

90 Softgels
NPN 80005438

Recommended Use: Source of essential fatty acids for the maintenance of good health.

Recommended Dose (Adults): Take 2 softgels one to three times daily.

Medicinal Ingredient:
Each softgel contains:
Evening Primrose (*Oenothera biennis*) seed oil...1000 mg
providing:
Linoleic acid...739 mg
Gamma linolenic acid...92 mg
Oleic acid...70 mg
Non-medicinal ingredients: Vitamin E, gelatin.

This product does not contain corn, dairy, egg, gluten, shellfish, sulfites or artificial colours, flavours, or preservatives.

STORE IN A COOL, DRY PLACE. KEEP OUT OF REACH OF CHILDREN.

Actual Size
Grandeur réelle

DO NOT USE IF SEAL UNDER CAP IS BROKEN. NE PAS UTILISER SI LE SCÉAU DE SÉCURITÉ SOUS LE CAPSULEN EST BRISÉ.

www.naturesharmony.com
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A Proud Canadian Company
Une compagnie canadienne fière de l'être.

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