



Evening Primrose Oil 500 mg with Vitamin E

Nature's Harmony® Evening Primrose Oil 500 mg with Vitamin E 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: 400439

HEALTH SOLUTIONS:

RECOMMENDED USE	DOSAGE FORM	RECOMMENDATIONS
A source of essential fatty acids for the maintenance of good health.	Softgel capsule	Take 3 to 6 softgels daily with meals.

DESCRIPTION:

Nature's Harmony® Evening Primrose Oil contains 74% cis-linoleic acid (LA), 9% gamma-linolenic acid (GLA), other fatty acids 10% and 13.6 IU of 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 the anti-inflammatory 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.

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RESEARCH:

Nature's Harmony® Evening Primrose Oil with Vitamin E is supported by scientific research, especially in the area of reducing cyclic breast tenderness. It has also shown benefits in the areas of relieving eczema symptoms, as well as reducing joint swelling and pain.

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:

 <p>Huile d'onagre 500 mg</p> <p>Source d'acides gras essentiels Pressée à froid/Sans hexane 90 gélules NPN 02208865</p>	<p>Usage recommandé : Une source d'acides gras essentiels pour le maintien d'une bonne santé. Dose recommandée (adultes) : Prendre de 3 à 6 gélules par jour aux repas. Ingédients médicinaux : Chaque gélule contient : Huile de graine d'onagre (<i>Oenothera biennis</i>).....500 mg fournissant : acide linoléique.....360 mg acide gamma-linolénique...50 mg Vitamine E (d-alpha tocophérol)....14,9 IU/10 mg Ingédients non médicinaux : gélatine, glycérine. Ce produit ne contient ni maïs, ingrédients laitiers, oeuf, gluten, lactose, crustacés, amidon, sucre, sulfites, levure, ni colorants, arômes ou agents de conservation artificiels.</p> <p>RANGER DANS UN ENDROIT FRAIS ET SEC. TENIR HORS DE LA PORTEE DES ENFANTS.</p>	 <p>Evening Primrose Oil 500 mg</p> <p>Source of Essential Fatty Acids Cold-Pressed/Hexane-Free 90 Softgels NPN 02208865</p>	<p>Actual Size Grandeur réelle</p> <p>400439-01-02</p> <p>DO NOT USE IF SEAL UNDER CAP IS BROKEN. NE PAS UTILISER SI L'OPERCULE INTERIEUR EST BRISÉ. Manufactured for / Fabriqué pour : Purity Life Health Products A division of/Une division de SunOpta Inc. 6 Commerce Crescent, Acton ON L7J 2K3 For more information visit www.naturesharmony.com or call 1-877-929-2548. Pour plus d'information, visitez le site www.naturesharmony.com ou composez le 1 877 929-2548.</p>  <p>63047 00439 4</p>
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