

Product Information Sheet



Female Health

Fatty Acids

Blackcurrant Seed Oil

High GLA

Blackcurrant seed oil is a rich source of gamma linolenic acid (GLA), the immediate biological precursor to DGLA (dihomo gamma-linolenic acid), which bypasses the need for enzymatic conversion (delta-6 desaturase). DGLA is the substrate for the production of PGE1 series of prostaglandins, which help regulate eicosanoid activity.

Ingredients:

Each capsule typically contains:

Blackcurrant Seed Oil (GLA 70mg) 500 mg

Encapsulated with:

Gelatin
Glycerol

Features:

Blackcurrant seed oil supplies a blend of GLA, linoleic (omega-6), and alpha-linolenic (omega-3) fatty acids, in combination with other essential fatty acids.

GLA is a precursor to the PGE1 series of prostaglandins, which are involved in supporting healthy eicosanoid activity.

Omega-6 and omega-3 fatty acids are essential to health, supporting healthy skin, cardiovascular health, mental health, hormone balance, joint mobility, and cell membrane fluidity.

Recommendation: 1 capsule daily with food, or as directed.

Caution: Not recommended for epileptics or haemophiliacs.
Consult with a medical doctor if on anti-coagulant medication.

Contains ingredients derived from:

Sulphites

Product Code: 1506

Package Size: 60