

Product Information Sheet



Female Health

Fatty Acids

Star Flower

Cold Pressed Borage Seed Oil

Borage, or star flower oil, is extracted from the blue star-shaped borage flower. The active component of borage oil is an essential fatty acid, gamma linolenic acid (GLA). Borage oil is now thought to be a superior source of GLA and contains 22% of the fatty acids, far higher than the amount found in evening primrose oil.

Ingredients:

Each capsule typically contains:

Borage Seed Oil (22% GLA 110mg)	500 mg
Vitamin E (dl-alpha tocopherol)	5 mg

Encapsulated with:

Gelatin

Features:

Borage oil provides an excellent source of GLA, which has been shown to play many essential roles in the maintenance of health.

GLA is an omega-6 fatty acid that is metabolised in the body to prostaglandins, hormone-like substances that control many body processes.

GLA has been shown to be particularly beneficial for female reproductive health.

Star flower oil has also been shown to help with skin health, due to its ability to help support hormone balance.

Recommendation: 1-2 capsules daily with food, or as directed.

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

Contains ingredients derived from:

Soy

Product Code: 3245

Package Size: 90