

ACTUAL
SIZE



CODE 1715

V3

www.nowfoods.com

Made in the U.S.A.

Manufactured by NOW FOODS, BLOOMINGDALE, IL 60108

Store in a cool, dry place. Please Recycle.

Do Not Eat Freshness Packet. Keep in Bottle.

Primrose Oil at a more economical price.

Black Currant Oil is extracted from black currant seeds that produce a valuable nutritional oil containing 14% GLA. Each softgel contains almost double the GLA content of Evening

Omega Supreme.

SUGGESTED USAGE: As a dietary supplement, take 1 softgel 3 times daily with meals. Consider taking this product in combination with NOW® Omega-3 Fish Oil or DHA

Omega Supreme.



Black Currant Oil

ESSENTIAL FATTY ACIDS

500 mg
• **70 mg GLA**
100 Softgels

A Dietary Supplement



Supplement Facts

Serving Size 1 Softgel

	Amount Per Serving	% Daily Value
Calories	5	
Calories from Fat	5	
Total Fat	0.5 g	< 1%*
Saturated Fat	0 g	0%*
Trans Fat	0 g	†
Polyunsaturated Fat	0.3 g	†
Gamma Linolenic Acid (GLA)	70 mg	†
Alpha Linolenic Acid (ALA)	52 mg	†
Monounsaturated Fat	0.2 g	†
Black Currant Oil (<i>Ribes nigrum</i>) (Seed)	500 mg	†

* Percent Daily Values are based on a 2,000 calorie diet.

† Daily Value not established.

Other Ingredients: Softgel Capsule (gelatin, glycerin, water).

Contains no sugar, salt, starch, yeast, wheat, gluten, corn, soy, milk, egg, shellfish or preservatives.