

SUGGESTED USE: 1 to 2 softgels daily with food or as directed by your health care professional.

Optimal Primrose softgels contain 100% organic, unrefined, cold-pressed evening primrose seed oil supplying a concentrated source of gamma-linolenic acid (GLA), an omega-6 fatty acid that is often inadequate in the diet.

Do not use if shrinkwrap is broken or missing. Store in a cool, dry place (59°F-85°F) away from direct light. Keep out of reach of children.

This product was made in a GMP and ISO 9001:2008 registered facility.

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P H Y S I C I A N F O R M U L A T E D



Seeking Health®
Optimal Primrose



Dietary Supplement

100 SOFTGELS



Supplement Facts

Serving Size 1 Softgel • Servings Per Container 100

Amount Per Softgel	% Daily Value	
Calories	10	
Calories from Fat	10	
Total Fat	1 g	2%†
Saturated Fat	0 g	0%†
Polyunsaturated Fat	1 g	*
Evening Primrose Seed Oil (Cold-Pressed)	1.3 g	*
Supplying approximately:		
Gamma-Linolenic acid (GLA)	76 mg	*
Linoleic acid	544 mg	*
Oleic acid	49.9 mg	*

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

*Daily Value not established.

Other ingredients: Gelatin, glycerin, and water.

DOES NOT CONTAIN: milk/casein, eggs, fish, shellfish, tree nuts, peanuts, wheat/gluten, corn, yeast, and soybeans. Contains no artificial colors, flavors, or preservatives.