

Directions: As a dietary supplement, adults take one (1) softgel capsule, one (1) to three (3) times daily with meals, or as directed by a health care professional.

Our Evening Primrose Oil is Hexane Free. It is 100% pure cold pressed Evening Primrose Oil, derived from the seeds of the Evening Primrose plant. It is a high source of Gamma-Linolenic Acid. Evening Primrose Oil may help to reduce some common premenstrual symptoms. It may also help support healthy skin, bones, and joints in women and men.†

Store in a cool dry place. Do not refrigerate. Please recycle.

**Do not use if safety seal under cap is broken or missing.
Keep out of reach of children.**

† These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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for more information visit www.vivavitamins.com

MADE IN THE USA

GMP Compliant Manufacturing



EVENING PRIMROSE OIL

500 MG

*100% pure
cold pressed*

Source of
Gamma Linolenic Acid (GLA)†

90 softgels
dietary supplement

Supplement Facts

Serving Size: 1 Softgel

Servings Per Container: 90

	Amount Per Serving	%DV*
Evening Primrose Seed Oil (<i>Oenothera biennis</i>)	500 mg	**
Gamma-Linolenic Acid (GLA)	45 mg	**
Cis-Linoleic Acid	350 mg	**
Oleic acid	35 mg	**
Palmitic acid	30 mg	**
*% Daily Value	**Daily Value not established	

Other Ingredients: Gelatin, glycerin, water.

Contains No: Gluten, sugar, salt, yeast, corn, wheat, starch, lactose, citrus, milk, egg, fish products, artificial coloring, flavoring, or preservatives.

Viva Vitamins™ fully guarantees the potency of this product through: