

**STORE IN A COOL, DRY PLACE.**

**Recommendations:** As a dietary supplement, take 2 capsules, 1-2 times daily, with meals.

**Warning:** If you are pregnant or lactating, have any health condition or are taking any medication, consult your health professional before use.

**Keep out of the reach of children.**



Use only if safety seal is intact.

Contents may not fill package in order to accommodate required labeling. Please rely on stated quantity.

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**pure**  
**encapsulations**<sup>®</sup>

## Black Currant Seed Oil

*Provides GLA for skin, musculoskeletal  
health, and prostaglandin production<sup>f</sup>*

Gluten-free, Non-GMO  
& Hypoallergenic

**Dietary Supplement**  
**250 SOFTGEL CAPSULES**

### Supplement Facts

Serving size 2 softgel capsules  
Servings per container 125

|                                                                   | Amount Per Serving | %DV             |
|-------------------------------------------------------------------|--------------------|-----------------|
| Calories                                                          | 10                 |                 |
| Total Fat                                                         | 1 g                | 1% <sup>^</sup> |
| Vitamin E<br>(as d-alpha-tocopherol)                              | 13 mg              | 89%             |
| Black currant ( <i>Ribes nigrum</i> )<br>oil (seed)<br>providing: | 1,000 mg           | *               |
| 18:3 gamma linolenic (GLA)                                        | 140 mg             | *               |

\* Daily value (DV) not established

<sup>^</sup> Percent daily values are based on a 2,000 calorie diet

Other ingredients: gelatin capsule (gelatin, glycerin, water)

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

manufactured for: **Pure Encapsulations**  
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1-800-753-2277 [www.PureEncapsulations.com](http://www.PureEncapsulations.com)

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