

Borage Seed Oil (*Borago officinalis*) is a nutritional oil containing over 80% Polyunsaturated Fats. Gamma Linoleic Acid (GLA) and Linoleic Acid are enhanced essential fatty acids. Although the body does manufacture GLA from dietary linoleic acid, it can be utilized by body functions when supplied directly by natural dietary sources. Borage Seed Oil is an even more concentrated source of GLA than Evening Primrose (*Oenothera biennis*) Oil or EPO. One 1000 mg Borage Seed Oil capsule is equivalent to about 5 standard EPO capsules in GLA content.

Expeller Pressed, Chemical and Hexane-Free.

Nature made it superior. CAO^H® made it simply and naturally perfect.

Health Through Nature & Science

Made in the U.S.A.
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California Academy of Health (CAOH)

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Borage Seed Oil With High GLA Gamma Linolenic Acid



120 Softgels
Nutritional Supplement

Suggested Use: As a dietary supplement, take 1 softgel 1 to 2 times daily, preferably with meals.

Supplement Facts#

Serving Size: 1 Softgels		Serving Per Bottle: 120	
	Amount Per Serving	% Daily Value	
Borage Oil (<i>Borago officinalis</i>) (Seed)			
	1.0 g (1000 mg)	**	
Gamma Linolenic Acid (GLA)	240 mg	**	
Calories	10		
Calories from Fat	10		
Total Fat	1 g	2%	
Saturated Fat	0 g	0%	
Trans Fat	0 g	**	
Polyunsaturated Fat	0.5 g	**	

** Percent Daily Value Not Established and Based on a 2000 Calorie Diet

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.

Each softgel may typically provide the following naturally occurring Omega-6 fatty acid - Linoleic Acid totaling approximately 380 mg.

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

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

Caution: If you are pregnant/lactating, taking any medications, or planning any medical procedure, please consult your healthcare practitioner before using. Keep out of reach of children.

