

Dietary Supplement

Trusted Since 1910

**BOTANIC  
CHOICE®**

ESSENTIALS

# BLACK CURRANT OIL

535 MG.



**ESSENTIAL  
FATTY ACIDS**



90 SOFTGELS

## Supplement Facts

Serving Size 1 Softgel

| Amount Per Serving                       | % Daily Value** |    |
|------------------------------------------|-----------------|----|
| Calories                                 | 5               |    |
| Calories from Fat                        | 5               |    |
| Total Fat                                | 0.5 g           | 1% |
| Black Currant Seed Oil                   | 535 mg          | †  |
| Contains 80 mg Gamma Linoleic Acid (GLA) |                 |    |

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

† Daily Value not established.

**OTHER INGREDIENTS:** GELATIN, VEGETABLE GLYCERIN, PURIFIED WATER.



DISTRIBUTED BY: INDIANA BOTANIC GARDENS, INC.  
3401 W. 37TH AVE. HOBART, IN 46342

**Suggested Use:** Take 1 softgel 1- 3 times daily, with a meal, as a dietary supplement, or as directed by a physician.

**Warning:** If you are taking any medications or are pregnant or nursing, do not use prior to consulting a physician.

For your protection, this container has an outer safety seal.  
(Do not accept if missing or broken.)

Store in a dry, cool place.  
KEEP OUT OF REACH OF CHILDREN  
Any Questions? 1-800-644-8327  
Website: [www.botanicchoice.com](http://www.botanicchoice.com)



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