

**USAGE:** Take 1 softgel 1 to 2 times per day with meals or as directed by your qualified healthcare professional.

**NOTE:** If you have a medical condition, are pregnant, lactating, trying to conceive, under the age of 18, or taking medications, consult your healthcare professional before using this product.

**Borage** is a cold pressed, hexane free and stabilized oil from borage seeds (*Borago officinalis*). Borage oil is the highest-potency source of GLA available. GLA is an important omega-6 fatty acid needed for the production of beneficial prostaglandins (hormone-like compounds), which play an important role in promoting healthy skin and immune function.\* Borage oil provides nutritional support during mild discomforts associated with PMS.\*

**Keep out of the 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.

Lot #, Best Used Before:

**Jarrow**  
F O R M U L A S

240 mg of Gamma-Linolenic Acid Per Softgel

# Borage

**Cold Pressed and Hexane Free**  
**Promotes Healthy Skin and Immune Function\***  
**Support During Mild PMS Discomforts\***

**1200**  
MILLIGRAMS

**60**  
SOFTGELS

**DIETARY**  
**SUPPLEMENT**



## Supplement Facts

Serving Size 1 Softgel  
Servings Per Container 60

|                                               | Amount Per Serving | % DV |
|-----------------------------------------------|--------------------|------|
| Calories                                      | 10                 |      |
| Total Fat                                     | 1 g                | 1%†  |
| Borage Seed Oil ( <i>Borago officinalis</i> ) | 1,200 mg           | ††   |
| Gamma-Linolenic Acid (GLA)                    | 240 mg             | ††   |

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

†† Daily Value not established.

Other Ingredients: Gamma tocopherol (added to maintain freshness); softgel consists of gelatin, glycerin and purified water. No wheat, gluten, soybeans, dairy, egg, fish/shellfish, or peanuts/tree nuts.

06418GLA240 PROD # 109008

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