

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.

Evening Primrose is a cold-pressed, solvent free oil from evening primrose seeds (*Oenothera biennis*), a superior source of **Gamma-Linolenic Acid (GLA)**. 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.* Evening primrose 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
FORMULAS

Evening Cold Pressed Primrose and Hexane Free

Promotes Healthy Skin and Immune Function*
Support During Mild PMS Discomforts*

1300
MILLIGRAMS

60
SOFTGELS

DIETARY
SUPPLEMENT



Supplement Facts

Serving Size 1 Softgel
Servings Per Container 60

	Amount Per Serving	% DV
Calories	15	
Total Fat	1.5 g	2%†
Evening Primrose Oil (<i>Oenothera biennis</i>) (Seeds)	1,300 mg	††
GLA (Gamma-Linolenic Acid)	130 mg	††

† Percent Daily Values are based on a 2,000 calorie diet.
†† Daily Value not established.

Other Ingredients: Softgel consists of gelatin, glycerin and purified water.

No wheat, gluten, soybeans, dairy, egg, fish/shellfish, or peanuts/tree nuts.

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