

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.

Jarrow
FORMULAS

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

120
SOFTGELS

DIETARY
SUPPLEMENT



Supplement Facts

Serving Size 1 Softgel
Servings Per Container 120

	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.

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Distributed Exclusively by:
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Lot #: Best Used Before:

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