

store sealed in a cool dry place

KEEP OUT OF REACH OF CHILDREN  
USE ONLY IF SAFETY SEAL IS INTACT

### Recommendations

1 to 2 capsules daily, or as directed  
by your healthcare professional.

### Warning

If pregnant, consult your physician  
before taking.

**EXCLUDES** COATINGS, BINDERS, GLUTEN  
(WHEAT, RYE, BARLEY)<sup>†</sup>, MILK/DAIRY  
(CASEIN, WHEY)<sup>†</sup>, SOY PROTEIN<sup>†</sup>, EGG  
PROTEIN<sup>†</sup>, SUGAR.

<sup>†</sup>VERIFIED BY INDEPENDENT TESTING



**VITAL**  
NUTRIENTS

# Borage Oil

COLD PRESSED  
EXTRACTED WITHOUT CHEMICALS

**DIETARY SUPPLEMENT**  
**180 SOFTGEL CAPSULES**

## Supplement Facts

serving size: 2 softgels • servings per container: 90

	amount per serving	% daily value
Calories	20	
Calories from Fat	20	
Total Fat	2g	3% <sup>†</sup>
Saturated Fat	350mg	<2% <sup>†</sup>
Cholesterol	0	0% <sup>†</sup>
Borage Seed Oil	2000mg	*
GLA (gamma linolenic acid)	min. 400mg	*
(Typical range 400mg-480mg by A% method)		

<sup>†</sup> Percent Daily Values are based on a 2000 calorie diet

\* Daily Value not established

Other Ingredients: Gelatin, Glycerin, Water, and Mixed  
Tocopherols.

manufactured for  
**VITAL NUTRIENTS**  
45 KENNETH DOOLEY DRIVE  
MIDDLETOWN, CT 06457 USA

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Raw materials and finished products are  
independently tested by U.S. labs.  
Learn more at [vitalnutrients.net](http://vitalnutrients.net)