

THE VITAMIN SHOPPE®

BLACK CURRANT OIL

NATURAL SOURCE OF GLA
500 MG

women's health ^v

healthy skin ^v

OMEGA FATTY ACIDS

Dietary Supplement

90 Softgels



Gluten-Free



Dairy-Free



Soy-Free



Nut-Free

actual size

Supplement Facts

Serving Size 1 Softgel

	Amount Per Serving	% Daily Value
Black Currant Oil	500 mg	*
providing typical values:		
Linoleic Acid	215 mg	*
Gamma Linolenic Acid	70 mg	*
Alpha Linolenic Acid	60 mg	*
Oleic Acid	40 mg	*
Stearidonic Acid	10 mg	*

* Daily Value not established.

OTHER INGREDIENTS: Gelatin, glycerin, purified water.

DOES NOT CONTAIN: Gluten, Sugar, Salt, Preservatives, Artificial Colors or Flavors.

^v 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.

DIRECTIONS: Take one (1) softgel up to twice daily, preferably with meals.

WARNING: Consult your healthcare provider prior to use if you are pregnant, nursing, taking any medication or have any medical conditions.

**STORE IN A COOL, DRY PLACE.
KEEP OUT OF REACH OF CHILDREN.**

TAMPER EVIDENT

Do not use if outer seal is broken or missing.

Distributed by:

The Vitamin Shoppe

Secaucus, NJ 07094

Visit www.vitaminshoppe.com

or call 1-866-293-3367.

Item No. VS-2219

1538156

K
T



52