

Directions: As a dietary supplement, take one to three softgels daily.

Evening primrose oil is a rich source of gamma linolenic acid (GLA). GLA helps support healthy skin and joints, and may help reduce premenstrual symptoms.[†]

No sugar, salt, starch, yeast, corn, soy, wheat, lactose, gluten, milk, egg, fish products, peanuts, artificial coloring, flavoring, or preservatives added.

Store in a cool, dry place. Do not refrigerate. Please recycle.

KEEP OUT OF THE REACH OF CHILDREN.

DO NOT USE IF SAFETY SEAL UNDER CAP IS BROKEN OR MISSING.

† These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

Viva Vitamins™ fully guarantees the potency of this product through:



herbal formula



Supports healthy skin and joints
May help reduce Premenstrual symptoms[†]

60 softgels
dietary supplement

Supplement Facts

Serving Size: 1 Softgel	Servings Per Container: 60
Amount Per Serving	%DV
Calories 12	
Calories from Fat 12	
Total Fat 1.3 g	2%†
Evening Primrose Oil (<i>Oenothera biennis</i>)	1300 mg *
Gamma-linolenic acid (GLA)	117 mg *
Cis-linoleic acid	925 mg *
Oleic acid	70 mg
Palmitic acid	78 mg

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

* %Daily Value (DV) has not been established.

Other Ingredients: Gelatin, glycerin, purified water.

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