

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.
Store in a cool, dry place.

* 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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APPROX.
FILL LINE