

USAGE: Take 1 softgel 1 to 2 times per day with meals or as directed by your qualified healthcare professional.

NOTE: Consult a healthcare professional before using this product if you are trying to conceive, pregnant, or lactating, under the age of 18, or have a medical condition; if adverse reactions occur, discontinue use.

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 supporting skin health and immune function.* Borage oil provides nutritional support for mild discomfort 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.

Lot #. Best Used Before:



240 mg of Gamma-Linolenic Acid Per Softgel

Borage

1200 MG

Cold Pressed and Hexane Free
Supports Skin Health and Immune Function*
Support for Mild PMS Discomfort*

120 SOFTGELS



DIETARY
SUPPLEMENT

Supplement Facts		
Serving Size 1 Softgel		
	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 (DV) not established.		

Other Ingredients: Gamma tocopherol (to maintain freshness) and softgel (gelatin, glycerin, purified water).

Distributed Exclusively by **Jarrow Formulas®**
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No wheat, gluten, soybeans, dairy, egg, fish/shellfish, or peanuts/tree nuts.

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APPROX. FILL LINE