

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.

Evening Primrose is a cold-pressed, **solvent free** oil from evening primrose seeds (*Oenothera biennis*), a superior source of **Gamma-Linolenic Acid (GLA)**. GLA is an important omega-6 fatty acid supporting the production of prostaglandins (hormone-like compounds), which play an important role in skin health and immune function.* Evening primrose 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:

Jarrow
FORMULAS®

Evening Cold Pressed and Hexane Free Primrose

1300 MG

Supports Skin Health and Immune Function*
Support for Mild PMS Discomfort*

60 SOFTGELS

**DIETARY
SUPPLEMENT**

Supplement Facts

Serving Size 1 Softgel

	Amount Per Serving	% DV
Calories	15	
Total Fat	1.5 g	2%†
Evening Primrose Oil (Seeds) (<i>Oenothera biennis</i>)	1,300 mg	††
GLA (Gamma-Linolenic Acid)	130 mg	††

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

†† Daily Value not established.

Other Ingredients: Softgel (gelatin, glycerin, purified water).

Distributed Exclusively by **Jarrow Formulas®**
Los Angeles, CA 90035-4317 • 1-866-459-4154

No wheat, gluten, soybeans, dairy, egg, fish/shellfish, or peanuts/tree nuts.

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APPROX.
FILL LINE