

SUGGESTED USE: Take one softgel each day with a meal or as directed by your health care practitioner.

Provides 200 mg of essential fatty acids from a natural source.*

***THIS STATEMENT HAS NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.**

WARNING: Not intended for use by pregnant or nursing women. If you have a medical condition or are taking medication, consult your doctor prior to use. Discontinue use and consult with your doctor if any adverse reactions occur.

KEEP OUT OF REACH OF CHILDREN

PURE HERBS, LTD.™
Natural Herbal Extracts

Black Currant Oil

Essential Fatty Acids

Dietary Supplement

50 Softgels

Supplement Facts

Serving Size: 1 Softgel
Servings per container: 50

Amount Per Serving		%DV
Black Currant Oil (<i>Ribes nigrum</i>) (Seed)	500 mg	†
Gamma Linolenic Acid (GLA)	70 mg	†
Linoleic Acid (LA)	215 mg	†
Alpha Linolenic Acid (ALA)	60 mg	†

† Daily Value not established

Other Ingredients: Gelatin, Glycerin, Purified Water.