



Double Strength Black Currant Oil

ESSENTIAL FATTY ACIDS

1000 mg

• **140 mg GLA**
100 Softgels
A Dietary Supplement



SUGGESTED USAGE: As a dietary supplement, take 1 softgel 2 times daily with food. Consider taking these other NOW® products: Omega-3 Fish Oil or Flax Oil and Advanced Gamma E Complex.

Black Currant Oil is extracted from Black Currant Seeds to produce a valuable nutritional oil containing 14% GLA. The Omega-3, Alpha Linolenic Acid and the Omega-6, Gamma Linolenic Acid (GLA) are both considered essential fatty acids. Although the body can manufacture GLA from other dietary omega-6 fatty acids, GLA can be more efficiently utilized for body functions when supplied directly through dietary sources.*

*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.

Caution: For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children. Store in a cool, dry place after opening. Please Recycle.



Supplement Facts

Serving Size 1 Softgel

	Amount Per Serving	% Daily Value
Calories	10	
Calories from Fat	10	
Total Fat	1 g	2%*
Black Currant Oil (<i>Ribes nigrum</i>) (Seed)	1 g (1,000 mg)	†
Gamma Linolenic Acid (GLA)	140 mg	†
Alpha Linolenic Acid (ALA)	104 mg	†

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

† Daily Value not established.

Other ingredients: Softgel Capsule (gelatin, glycerin, water).

Formulated & Distributed by NOW FOODS
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For more product information visit www.nowfoods.com/1717

Not manufactured with yeast, wheat, gluten, soy, milk, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

This double strength softgel has twice the Black Currant Oil (1,000 mg) as in our regular strength product (500 mg).

CODE 1717 V1