



Borage 1000 mg **Contains GLA** W.

Dietary Supplement

100 SOFTGELS

Supplement Facts

Serving Size 1 Softgel

Amount Per Serving		%Daily	Value*
Calories	10		
Calories from Fat	10		
Total Fat	1	g	2%*
Polyunsaturated Fat	0.5	g	**
Borage Oil (Borago officinalis) (seed oil) which typically contains:	1,000	mg (1 g)	
Gamma Linolenic Acid (GLA)	220	mg	**
Linoleic Acid (LA)		ma	**

^{*}Percent Daily Values are based on a 2,000 calorie diet.
**Daily Value not established.

Other Ingredients: Gelatin, Glycerin.

GUARANTEED FREE OF: yeast, wheat, milk or milk derivatives, lactose, sugar, preservatives, soy, artificial color, artificial flavor, sodium (less than 5 mg per serving).

KEEP OUT OF REACH OF CHILDREN. STORE IN A DRY PLACE AND AVOID EXCESSIVE HEAT. TAMPER RESISTANT: DO NOT USE IF SEAL UNDER CAP IS BROKEN.

ACTUAL SIZE

Borage Oil, a vegetable oil derived from a blueflowering plant (*Borago officinalis*), is one of the few plant sources of Gamma-Linolenic Acid. Gamma-Linolenic Acid is a precursor to prostaglandins, action-specific biomolecules that regulate many important functions in cells.*** Borage Oil also contains the essential fatty acid, Linoleic Acid (Omega-6). Essential fatty acids cannot be made by the body and must be obtained from diet. These nutrients play key structural roles in cell membranes.***

Directions: For adults, take one (1) softgel three times daily, preferably with meals.

"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.

WARNING: Pregnant or lactating women should consult a doctor before using any product. Consult doctor before use if you have, or have had, seizures, schizophrenia; a bleeding disorder, if you plan to have or have had recent surgery or if you are taking ANY PRESCRIPTION MEDICATIONS including neuroactive medications, blood thinners or daily aspirin. Discontinue use and consult your doctor if any adverse reactions occur, including bloating, nausea, indigestion or headache. NOT INTENDED FOR USE BY PERSONS UNDER THE AGE OF 18.

Manufacturing

www.RadianceVitamins.com
Carefully Manufactured by Radiance
Ronkonkoma, NY 11779 U.S.A.
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