

SUGGESTED USE Consume two to four capsules daily or as recommended by a health care professional. This product is most effective as part of a healthy diet and active lifestyle, along with one of Andrew Lessman's multi-vitamin-mineral formulas. **For answers to questions about the use of this product call 800.800.1200.**

UNSURPASSED.
Purity. Quality. Integrity. Effectiveness.



Andrew Lessman
Andrew Lessman
Founder of PROCAPS LABS

QUESTIONS? RE-ORDERS?
CALL 800.800.1200
www.PROCAPSLABS.com



430 Parkson Road
Henderson, NV 89011

EVENING PRIMROSE™ —with— BLACK CURRANT SEED OIL

EPO - EVENING PRIMROSE OIL
GLA - GAMMA LINOLENIC ACID



360 Easy-to-Swallow Capsules

EVENING PRIMROSE with BLACK CURRANT SEED OIL provides a concentrated blend of Essential Fatty Acids (particularly GLA) from Evening Primrose and Black Currant Seed oils to gently support women through the menstrual cycle. Just like vitamins, there are certain fatty acids your body cannot produce, yet are essential for optimum health and therefore must be obtained through your diet or supplementation. Used traditionally in America and in Europe to support women's health, Evening Primrose and Black Currant oils contain high levels of Gamma-Linolenic Acid (**GLA**), an essential Omega-6 fatty acid, and an important precursor to hormone-like substances in the body called prostaglandins. Evening Primrose Oil has been shown to support **GLA** levels and help to alleviate the mood swings and physical discomfort associated with premenstrual syndrome (PMS) for some women. Since Evening Primrose and Black Currant oils, along with fatty acids in general, are quite unstable and are prone to oxidation, in order to preserve their benefits it is important to deliver them in a manner that reduces oxidation and instability. Accordingly, we have developed our liquid-filled softgel capsules to protect against the damaging effects of oxidation on potency. Our unique, protective softgels also avoid the additives present in ordinary softgel capsules. Our softgels are the perfect way to protect and enjoy the benefits of the delicate oils in **Evening Primrose with Black Currant Seed Oil**.

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.
CONTAINS NO Milk, soy, yeast, corn, wheat, gluten, sodium, salt, sugar, cholesterol, color, preservative or manufacturing additive.

CONTAINS NO ADDITIVES OR COMMON ALLERGENS OF ANY KIND.

Supplement Facts		
Serving Size 2 Capsules		Servings Per Container 180
Amount Per Serving		%DV*
Calories 10		
Calories from Fat 10		
Total Fat 1g		2%
Evening Primrose Oil		500 mg †
as GLA - Gamma Linolenic Acid (Omega-6)		45 mg
as Linoleic Acid (Omega-6)		350 mg
as Oleic Acid (Omega-9)		30 mg
Black Currant Seed Oil		900 mg †
as alpha-Linolenic Acid (Omega-3)		90 mg
as GLA - Gamma Linolenic Acid (Omega-6)		135 mg
as Linoleic Acid (Omega-6)		385 mg
as Oleic Acid (Omega-9)		90 mg
Essential Fatty Acid Profile		
Omega-3 Fatty Acids		90 mg
Omega-6 Fatty Acids		915 mg
Omega-9 Fatty Acids		120 mg
* Percent Daily Value (%DV) are based on a 2,000 calorie diet.		
† Daily Value not established.		

Other Ingredients: Soft-gelatin capsule (Gelatin, purified water, glycerin).