

SUGGESTED USE: Adults take 1 softgel 1-2 times a day with meals or as directed by your qualified healthcare professional.

Borage is a cold pressed, hexane free, and stabilized oil from borage seeds (*Borago officinalis*). Borage oil is a source of GLA, an important omega-6 fatty acid needed for the production of beneficial prostaglandins (hormone-like compounds), which play an important role in supporting skin and immune health.* Borage oil provides nutritional support for mild discomfort associated with PMS.*

WARNING: Consult a healthcare professional before using this product if you are pregnant, nursing, under the age of 18, are taking medication or have a medical condition; if adverse reactions occur, discontinue use.

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.

Do not use if safety seal is damaged or missing.

Lot #. Best Used Before:

Jarrow
FORMULAS®

COLD PRESSED & HEXANE FREE

Borage

SEED OIL

1200 MG

Support for mild PMS discomfort,
skin and immune health*

 **non-gmo**

 **gluten free**

120 SOFTGELS

DIETARY SUPPLEMENT



Supplement Facts

Serving Size 1 Softgel

	Amount Per Serving	% DV
Calories	10	
Total Fat	1 g	1%‡
Borage Seed Oil (<i>Borago officinalis</i>)	1,200 mg	†
Gamma-Linolenic Acid (GLA)	240 mg	†

† Daily Value (DV) not established.

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

Other Ingredients: Gamma tocopherol (antioxidant) and softgel (gelatin, glycerin, water).

Distributed by Jarrow Formulas, Inc.
Sherman Oaks, CA 91403, USA
1-866-459-4154

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

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APPROX.
FILL LINE