



black currant oil

natural source of GLA

500mg

women's health[▼]

specialty

90 softgels
dietary supplement

gluten
free

dairy
free

soy
free

nut
free

actual size

Supplement Facts

Serving Size 1 Softgel

	Amount Per Serving	% Daily Value
Black Currant Oil (<i>Ribes nigrum</i>)(seed)	500 mg	*
providing typical values:		
Gamma Linoleic Acid (GLA)	85 mg	
Linoleic Acid (LA)	215 mg	
Alpha Linolenic Acid	65 mg	
Oleic Acid	45 mg	
Stearidonic Acid	10 mg	

* Daily Value not established.

Other ingredients: Gelatin, glycerin, purified water.

Does not contain: Yeast, Corn, Wheat, Gluten, Sugar, Salt, Soy, Starch, Dairy, Citrus, Fish, Preservatives, Artificial Colors or Flavors.

▼ 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.

DIRECTIONS: As a dietary supplement, take one (1) to two (2) softgels daily, preferably with meals.

WARNING: Consult your healthcare provider prior to use if you are pregnant, nursing, taking any medication or have any medical conditions.

STORE IN A COOL, DRY PLACE.
KEEP OUT OF REACH OF CHILDREN.

TAMPER EVIDENT
Do not use if outer seal is broken or missing.

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