

**SUGGESTED USE** Consume two capsules daily. You can increase or decrease your intake based upon your needs and as guided by your health care provider. **For questions about the use of this product call 800.800.1200.**

**Since 1979, Unsurpassed Purity, Quality and Efficacy.**

**100% SOLAR PRODUCTION  
ZERO-CARBON FOOTPRINT**

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**QUESTIONS? REORDERS?**

**800.800.1200 PROCAPS.COM**

**Manufactured by ProCaps Labs  
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ANDREW LESSMAN

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# EVENING PRIMROSE and BLACK CURRANT SEED OIL

**Supports Hormone Balance  
and Skin Health**



Dietary Supplement | **360** Easy-to-Swallow Capsules

**EVENING PRIMROSE and 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, as well as provide soothing relief to skin. Like vitamins, there are certain fatty acids your body cannot produce, yet are essential for health and must be obtained through diet or supplementation. Used traditionally to support women's health, Evening Primrose and Black Currant Seed 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 help to alleviate the mood swings and physical discomfort associated with premenstrual syndrome (PMS), along with some of the issues accompanying menopause and perimenopause. Evening Primrose and Black Currant Seed oils have also been observed to exert a soothing effect on skin, particularly irritated skin. Our softgel encapsulation process protects the fragile oils in this product from the damaging effects of oxidation thus preserving the benefits of this highly concentrated natural formula.

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.

**CONTAINS NO ADDITIVES OR COMMON ALLERGENS**

## Supplement Facts Serving Size 2 Softgels Servings 180

Amount Per Serving	%DV*
Calories 15	
Total Fat 1.5 g	2%
Saturated Fat 0 g	
<b>Evening Primrose Oil</b>	<b>500 mg †</b>
GLA - Gamma-Linolenic Acid (Omega-6)	45 mg
Linoleic Acid (Omega-6)	350 mg
Oleic Acid (Omega-9)	30 mg
<b>Black Currant Seed Oil</b>	<b>900 mg †</b>
ALA - Alpha-Linolenic Acid (Omega-3)	90 mg
GLA - Gamma-Linolenic Acid (Omega-6)	135 mg
Linoleic Acid (Omega-6)	385 mg
Oleic Acid (Omega-9)	90 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).

**CONTAINS NO** Milk, soy, yeast, corn, wheat, gluten, sodium, salt, sugar, cholesterol, color, preservative, common allergens, genetically modified (GMO) ingredients or manufacturing additives.