

## High Quality Borage Oil

300 mg gamma-linolenic acid (GLA)  
per serving<sup>†</sup>

- With 440 mg of linoleic acid per serving<sup>†</sup>
- Linoleic acid is an essential omega-6 fatty acid which must be obtained in your diet
- Cold pressed without chemical solvents, starch, or artificial colors

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<sup>†</sup>See Supplement Facts for Total Fat and Saturated Fat Content.

**Keep out of reach of children.** Safety sealed with inner seal. Do not use if seal is broken or missing. Keep tightly closed. Store at room temperature. Avoid excessive heat and direct sunlight.

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Green Bay, WI 54311 USA  
Bottled and tested in the USA  
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BOTTLE MADE FROM  
50% POST-CONSUMER  
RECYCLED PLASTIC



# BORAGE OIL

**Cold Pressed | Unrefined | No Solvents**

300 mg GLA per serving<sup>†</sup>



1,300 MG BORAGE OIL  
PER SERVING

**60 SOFTGELS - DIETARY SUPPLEMENT**

**Recommendation:** Adults swallow 1 softgel one to two times daily. Do not exceed recommended dose. If you are pregnant, nursing, or taking any medications, consult a healthcare professional before use.

## Supplement Facts

Serving Size 1 Softgel

Amount per Serving	% DV <sup>†</sup>	
Calories	15	
Total Fat	1.5 g	2% <sup>†</sup>
Saturated Fat	0 g	0% <sup>†</sup>
Trans Fat	0 g	**
Polyunsaturated Fat	0.5 g	**
Monounsaturated Fat	0 g	**
Cholesterol	0 mg	0%
Borage Oil (seed)	1.3 g	**
Omega-6 Fatty Acids:	740 mg	**
Linoleic Acid (LA)	440 mg	**
Gamma-Linolenic Acid (GLA)	300 mg	**
Omega-9 Fatty Acids as Oleic Acid (OA)	190 mg	**

<sup>†</sup>Percent Daily Values (DV) are based on a 2,000 calorie diet.

\*\*Daily Value not established.

Other ingredients: gelatin (softgel), glycerin, purified water