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Directions: 1 capsule taken daily with food, or as professionally directed.

This product should not be used as a substitute for a varied diet and healthy lifestyle. Do not exceed the stated recommended daily intake. Do not purchase if the seal is broken. Keep out of reach of children. If you are under medical supervision, please consult a doctor before use. Caution is advised with anti-coagulant medication. Not suitable for individuals suffering from epilepsy. Store in a cool, dry place. For best before and batch, see base.

Vegetarian & vegan

BioCare®



Mega GLA

Omega 6 (GLA)
from borage oil

90 vegetable capsules
Food supplement

Product information per daily intake: 1 capsule

		%EC NRV*
Vitamin E 11iu	10mg α-TE [†]	83
Borage Oil	1000mg	-
Providing:		
Gamma Linolenic Acid (GLA)	190mg	-

*NRV = Nutrient Reference Value
†α-TE = Alpha-Tocopherol Equivalent

Ingredients:

Borage Oil (*Boraginis oleum*), Capsule Shell (Modified Maize Starch, Glycerol, Gelling Agent [Carrageenan]), Vitamin E (DL Alpha Tocopheryl Acetate).