



Double Strength Black Currant Oil

ESSENTIAL FATTY ACIDS

1000 mg

**• 140 mg GLA
100 Softgels**

A Dietary Supplement



SUGGESTED USAGE: As a dietary supplement, take 1 softgel 2 times daily with food. Consider taking these other NOW® products: Omega-3 Fish Oil or Flax Oil and Advanced Gamma E Complex. Black Currant Oil is extracted from Black Currant Seeds to produce a valuable nutritional oil containing 14% GLA. The Omega-3, Alpha Linolenic Acid and the Omega-6, Gamma Linolenic Acid (GLA) are both considered essential fatty acids. Although the body can manufacture GLA from other dietary omega-6 fatty acids, GLA can be more efficiently utilized for body functions when supplied directly through dietary sources.*

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Caution: For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children. Store in a cool, dry place after opening. Please Recycle.



CODE 1717 V2

Supplement Facts

Serving Size 1 Softgel

	Amount Per Serving	% Daily Value
Calories	10	
Calories from Fat	10	
Total Fat	1 g	2%*
Black Currant Oil (<i>Ribes nigrum</i>) (Seed)	1 g (1,000 mg)	†
Gamma Linolenic Acid (GLA)	140 mg	†
Alpha Linolenic Acid (ALA)	104 mg	†

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

† Daily Value not established.

Other ingredients: Softgel Capsule (gelatin, glycerin, water).

Formulated & Distributed by NOW FOODS
395 S. Glen Ellyn Rd., Bloomingdale, IL 60108, USA
For more product information visit www.nowfoods.com/1717

Not manufactured with yeast, wheat, gluten, milk, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

This double strength softgel has twice the Black Currant Oil (1,000 mg) as in our regular strength product (500 mg).