



borage oil

1000mg

women's health[✓]

natural source
of GLA[✓]

specialty

180 softgels
dietary supplement

gluten
free

dairy
free

nut
free

actual size

Supplement Facts

Serving Size 1 Softgel

	Amount Per Serving	% Daily Value
Calories	10	
Calories from Fat	10	
Total Fat	1 g	2% [†]
Borage Oil	1000 mg	*
(Borago officinalis)(seed) providing:		
Gamma Linolenic Acid	160 mg**	
Linoleic Acid	280 mg**	
Oleic Acid	90 mg**	

[†] Percent Daily Values are based on a 2,000 calorie diet.

* Daily Value not established.

Other ingredients: Gelatin, glycerin, purified water, mixed tocopherols.

Contains: Soy.

** Naturally occurring, amounts may vary.

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

DIRECTIONS: As a dietary supplement, take one (1) softgel daily, preferably with a meal.

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

✓ 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.

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

TAMPER EVIDENT

Do not use if outer seal is broken or missing.

Distributed by:
Vitamin Shoppe, Inc.
Secaucus, NJ 07094
Visit www.vitaminshoppe.com
or call 1-800-223-1216
for more information
and to reorder.



Item No.
VS-2937
1966902