

Recommended Adult Dose: Take two capsules two times daily, away from meals, or as recommended by your healthcare practitioner. **Risk Information:** If you are pregnant or breastfeeding, do not use. If you have a bleeding disorder, consult your healthcare practitioner prior to use. **Guaranteed** to contain no added wheat, starch, yeast, gluten, corn, soy, sodium, sugar, artificial coloring or flavoring, antimicrobial preservatives or dairy products. **Quality Assurance:** Safety-sealed for your protection and for product freshness. Do not use if outer seal is missing or broken. Store in a cool, dry place.

V1.0 **415**

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BARCODE LOCATION
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GENESTRA BRANDS™

GLA 90

Black Currant Oil

ESSENTIAL FATTY ACID SUPPLEMENT

90 Softgel Capsules

Supplement Facts

Serving Size 2 Capsules
Servings per Container 45

Each Serving Contains		% DV
Calories	10	
Calories from Fat	10	
Total Fat	1 g	2% ♦
Black Currant (<i>Ribes nigrum</i>) Seed Oil	1000 mg	*
Yielding		
GLA (Gamma-Linolenic Acid)	170 mg	*
ALA (Alpha-Linolenic Acid)	130 mg	*
LA (Linoleic Acid)	430 mg	*
OA (Oleic Acid)	90 mg	*
SDA (Stearidonic Acid)	24 mg	*

♦ Percent Daily Values (DV) are based on a 2,000 calorie diet

* Daily Value not established

Other ingredients: Gelatin, glycerin, purified water