

Scan for  
product info

Read the entire label and follow the directions carefully prior to use.

**DIRECTIONS:** Take one (1) softgel one to two times daily with food, or as recommended by a healthcare practitioner. Up to five (5) softgels can be taken daily.

**CAUTION:** If you are taking anti-coagulant or anti-platelet medications, or have a bleeding disorder, consult your healthcare provider before taking this product.

Store tightly closed in a cool, dry place.

**WARNINGS:**

- KEEP OUT OF REACH OF CHILDREN.
- DO NOT EXCEED RECOMMENDED DOSE.
- Do not purchase if outer seal is broken or damaged.
- When using nutritional supplements, please consult with your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating.

\*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.



Q00756H

# LifeExtension®

## Mega GLA with Sesame Lignans



### Promotes Healthy Joints and Skin\*

Dietary  
Supplement

60 Softgels

## Supplement Facts

Serving Size 1 Softgel

| Amount Per Serving                                             | % Daily Value |                 |
|----------------------------------------------------------------|---------------|-----------------|
| Calories                                                       | 15            |                 |
| Calories from fat                                              | 15            |                 |
| Total Fat                                                      | 1.5 g         | 2% <sup>†</sup> |
| Saturated fat                                                  | 0 g           | 0% <sup>†</sup> |
| Borage seed oil supplying<br>299 mg gamma-linolenic acid (GLA) | 1360 mg       | **              |
| Sesame seed lignan extract                                     | 10 mg         | **              |

\*\*Daily Value not established. <sup>†</sup>Based on a 2000 calorie diet.

**Other ingredients:** gelatin, glycerin, purified water, silica, sunflower lecithin, carob color, rosemary extract.

Manufactured for:  
**Quality Supplements and Vitamins, Inc.**  
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To report a serious adverse event or  
obtain product information,  
contact 1-866-280-2852.