

**Suggested Usage:** Take 1 softgel 2 times daily with food.

Black Currant Oil is extracted from Black Currant Seeds to produce a valuable nutritional oil with 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.

**Caution:** For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children.

Natural color variation may occur in this product.

Store in a cool, dry place after opening.

Please Recycle.

SOFTGEL SIZE

CODE 1717 V4



# Double Strength Black Currant Oil 1000 mg

Essential Fatty Acids

140 mg GLA

100 Softgels

A Dietary Supplement



Nutritional Oils

Family owned since 1968.

## Supplement Facts

Serving Size 1 Softgel

	Amount Per Serving	% Daily Value
Calories	10	
Total Fat	1 g	1%*
Black Currant Oil ( <i>Ribes nigrum</i> ) (Seed)	1 g (1,000 mg)	†
Gamma Linolenic Acid (GLA) (14%)	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 (bovine gelatin, glycerin, water).

NOW FOODS, 395 S. Glen Ellyn Rd.  
Bloomington, IL 60108, USA [nowfoods.com](http://nowfoods.com)

Not manufactured with yeast, wheat, gluten, soy, corn, milk, egg, fish or shellfish 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).

