

Suggested Usage: Take 1 softgel 3 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.

Do not eat freshness packet. Keep in bottle.

Natural color variation may occur in this product.



Black Currant Oil

500 mg

Essential Fatty Acids

70 mg GLA

100 Softgels

A Dietary Supplement



Contains Gelatin

Nutritional Oils

Family owned since 1968.

Supplement Facts

Serving Size 1 Softgel

	Amount Per Serving	% Daily Value
Calories	5	
Total Fat	0.5 g	< 1%*
Black Currant Oil (<i>Ribes nigrum</i>) (Seed)	500 mg	†
Gamma Linolenic Acid (GLA) (14%)	70 mg	†
Alpha Linolenic Acid (ALA)	52 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.
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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.

Store in a cool, dry place after opening.

Please Recycle.



SOFTGEL
SIZE

CODE 1715 V5



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