

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

Borage Oil is a nutritional oil consisting of 60% Polyunsaturated Fats and approximately twice the average content of Gamma Linolenic Acid (GLA) as Evening Primrose Oil. GLA is an essential fatty acid that the body is able to produce from dietary linoleic acid; however, it can be more efficiently utilized for body functions when supplied directly through dietary sources. Research has determined that Borage Oil does not have harmful levels of Pyrrolizidine Alkaloids (PAs). NOW® Borage Oil is expeller-pressed and hexane-free.

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

Do not eat freshness packet.  
Keep in bottle.

SOFTGEL SIZE

CODE 1720 V6



# Borage Oil

## 1000 mg

### Concentrated GLA

- 240 mg of GLA
- Omega-6 Essential Fatty Acids
- Expeller-Pressed, Hexane-Free

## 60 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%*
Polyunsaturated Fat	0.6 g	†
Borage Oil ( <i>Borago officinalis</i> ) (Seed)	1 g (1,000 mg)	†
Gamma Linolenic Acid (GLA)	240 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.

Natural color variation may occur in this product.

Store in a cool, dry place after opening.

Please Recycle.

