



NATURAL GLA™

SUPPORTS SKIN HEALTH & PREMENSTRUAL NEEDS*

140 MG PER SERVING

>> *MADE WITH NON-GMO INGREDIENTS

>> GLUTEN FREE

Natural GLA™ with Black Currant Seed Oil is a natural source of the essential fatty acid GLA. This supplement supports skin health and premenstrual functional needs.*



✓ **About Essential Fatty Acids:**

Essential fatty acids (EFAs) are polyunsaturated fats that the body cannot manufacture and must be obtained from foods. They provide energy, regulate body temperature and metabolism, protect tissues and insulate nerves.* Omega 6 EFAs like GLA are made from Linoleic Acid (LA). The body uses Omega 6 fatty acids to produce the PGE1 series of prostaglandins, which support immune system function and skin health.*

✓ **About Prostaglandins**

Prostaglandins are derivatives of fatty acids that are produced in most tissues of the body and have varying physiologic actions. They regulate many of the body's functions, such as the immune response, inflammatory pathways, blood pressure and platelet aggregation.* Prostaglandins 1 and 3 (PGE1 and PGE3) are produced to maintain optimal cellular functions.* When inflammation is present, the body's levels of PGE1 and 3 are reduced and the levels of prostaglandin E2's are increased.* Prostaglandin E2's are pro-inflammatory prostaglandins.*

Aging, stress, diabetes, degenerative diseases like arthritis, certain drugs including corticosteroids, nutritional deficiencies and the inability to convert parent fatty acids, have all been associated with low levels of prostaglandins.*

✓ **PMS**

Because prostaglandins regulate the menstrual cycle, Black Currant Seed Oil is helpful for women before and during menstruation.* Gamma-linolenic acid (GLA) produces beneficial prostaglandins thus supporting pre-menstrual comfort.* Gamma-linolenic acid has also been shown to support those with the symptoms of low mood states and breast tenderness associated with PMS.* Menopausal women have also found Black Currant Seed Oil to be beneficial.*

✓ **Skin Health Support***

The beneficial properties of black currant seed oil are also effective against skin irritations when taken orally.* Black Currant Seed Oil has been shown to help with dry skin concerns, as the gamma-linolenic acid protects against the water loss that contribute to itching and other symptoms associated with dry skin.*

Supplement Facts

Serving Size 2 Softgels Amount per Serving

Calories	10
Total Fat	1 g
Black Currant Seed Oil	1,000 mg
yielding Gamma Linolenic Acid	140 mg

Other ingredients: gelatin, glycerin, purified water.

Warning: If pregnant or nursing, consult your healthcare practitioner before taking this product.

Suggested Use: As a dietary supplement, take 2 softgels, one-half hour before each meal.

*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.

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