SupraHealth

BORAGE OIL

- 1,000 mg Borage Oil
- Rich in Omega-6 Fatty Acids
- 240 mg of GLA

60 Softgels

A Dietary Supplement

Supplement Facts

Serving Size 1 Softgel

	Amount Per Serving	% Daily Value
Calories	10	
Calories from Fat	10	
Total Fat	1 g	2%*
Saturated Fat	0 g	0%*
Trans Fat	0 g	†
Polyunsaturated Fat	0.5 g	†
Borage Oil (*Borago officinalis*) (Seed)	**1.0 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 (gelatin, glycerin, water).
Contains no sugar, salt, starch, yeast, wheat, gluten, corn, soy, milk, egg, shellfish or preservatives.
Each softgel may typically provide the following naturally occurring Omega-6 fatty acid: Linoleic Acid . . . . 380 mg

SUGGESTED USAGE: As a dietary supplement, take 1 softgel 1 to 2 times daily, preferably with meals.

Borage Oil is a nutritional oil rich in polyunsaturated fats. Linoleic Acid and Gamma Linolenic Acid (GLA) are enhanced essential fatty acids. Although the body can manufacture GLA from dietary linoleic acid, it can be more efficiently utilized for body functions when supplied directly by dietary sources. Borage Oil is a more concentrated source of GLA than Evening Primrose Oil (EPO). One Borage Oil softgel is equivalent to about 5 standard EPO softgels in GLA content.

Do Not Eat Freshness Packet. Keep in Bottle.

Store in a cool, dry place. Please Recycle.

Caution: If you are pregnant/lactating, taking any medications, or planning any medical procedure, please consult your healthcare practitioner before using. Keep out of reach of children.

Manufactured for: SupraHealth, Inc.
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