



Category 7  
Nutritional Oils / Lecithin



**GOODFORYOU**

GOOD FOR LIFE

**EVENING PRIMROSE**

(Source of Omega-6 EFA's) #101750

100 Sgel

**Description: Evening Primrose Oil:** is a rich source of omega-6 essential fatty acids (EFA's). Is a valuable treatment for diabetic neuropathy (nerve damage). EPO supplementation can significantly improve symptoms of nerve damage caused by diabetes; breast pain or tenderness associated with premenstrual syndrome (PMS). Traditionally used for the treatment of eczema. Should be taken in alternation or in conjunction with **Flax Oil (Omega-3)**.

**Contents / Ingredients**

**Evening Primrose Oil** is a rich source of **omega-6** essential fatty acids (EFA's), which are also widely found in vegetable oils, nuts, and seeds. Essential fatty acids are **“essential”** to good health because they help reduce inflammation and ensure the health of cell membranes. EFA's must be consumed as part of the diet because **our bodies cannot manufacture them.**

What makes **Evening Primrose Oil** different from vegetable oils such as safflower or olive oil, is that it offers an added benefit, a direct easy absorbed source of **gamma-linolenic acid (GLA)**, a fairly unusual constituent present in only a few plants that serve as a building block for anti-inflammatory prostaglandins (hormone like compounds). Most **Evening Primrose Oil** supplements are composed of 7 to 10 percent GLA.

**Evening Primrose Oil** is also very rich in **omega-6 fatty acids**. Although necessary for good health, omega-6 oils needs to be balanced with omega-3 oils, these are mainly found in flaxseed and cold water fish. Our suggestion is that you rotate your oils, for example the first month **Evening Primrose Oil**, followed by **Flax Oil**, finishing with the **Omega 3 Fish Oils**. This can be rotated on a continuous basis.

**Traditional Therapeutic Action**

**Supplement Facts**

	Amount Per Serving	% Daily Value
Serving Size 3 Softgels		Servings per Container 33
Calories	15	
Calories from Fat	15	
Total Fat	1.5 g	2% (**)
Saturated	0 g	0% (**)
Polyunsaturated	1 g	(*)
Monounsaturated	<0.5 g	(*)
Evening Primrose Oil	1.5 g	(*)
Gamma Linolenic Acid (GLA)	135 mg	(*)

(\*) Daily Value not established  
(\*\*) Percent Daily Value based on a 2,000 Calorie Diet .

Other ingredients: Gelatin, Glycerin, Water.

Contains no hexane, sugar, salt, starch, yeast, wheat, gluten, corn, soy, milk, egg or preservatives..

It is known that people with diabetes have difficulty converting omega-6 oils into GLA, making supplementation important. Over time, a lack of GLA and its metabolites decreases the flow of blood and oxygen to the nerve cells, causing tissue damage. Because essential fatty acids are **vital to the structure of cell membranes**, a lack of GLA affects the ability of nerve cell membranes to regulate the flow of substances in and out of the cells.

**Evening Primrose Oil** appears to restore the balance of fatty acids in breast cells and hormone receptors making them less sensitive to estrogen, this is reflected in results in **women with PMS** helping to reduce breast tenderness. Research has also shown that certain women with PMS may have difficulty converting omega-6 oils into GLA, leading to abnormal production of prostaglandins that cause pain and other unpleasant symptoms.

Other research has found that people with **eczema** may have difficulty converting omega-6 oils into GLA and its metabolites. This has been noted both in individuals with eczema and infants born into families with a genetic history of eczema. Treatment with **Evening Primrose Oil** raises levels of fatty acids and **helps relieve symptoms of eczema**. It may also strengthen ceramides, components in the epidermal layer of skin that prevents excessive loss of water and **drying of the skin**. There is also some evidence that **Evening Primrose Oil** reduces the dilation of capillaries in the skin and has a **strengthening effect on the immune system**.

**SUGGESTED DOSAGE:** As a dietary supplement, take 3 softgels 1 – 2 times daily with meals. We recommend rotation of oils.

Please note: This information is compiled from traditional and modern herb books, articles, and research. This information is summarized for its educational value and should not be used for the diagnosis, treatment, or prevention of disease. It should not be used to replace the services of a qualified practitioner. This information has not been evaluated by the FDA or Health Canada.