

Borage Oil

Contains 20% GLA; supports joint and skin health[‡]

INDICATIONS

- Ages 18 and up
- Healthy joint and skin support[‡]

BENEFITS

- Promotes healthy cytokine activity and joint function[‡]
- Supports skin appearance[‡]

FEATURES

- Contains 20% gamma-linolenic acid, the highest GLA content of any plant source
- Cold-pressed solvent-free oil
- Made with high-quality ingredients backed by verifiable science

VERIFIABLE SCIENCE

Studies have indicated that GLA promotes healthy prostaglandin E1 (PGE1) production, which helps to support healthy joint function. Researchers at the University of Massachusetts Medical School, Worcester, reported that GLA helps support healthy cytokine activity, a mechanism that may be linked to both immune system support and joint health.^{1,2} A randomized, double blind, placebo-controlled trial reported statistically significant support for joint health in subjects supplementing with GLA from borage seed oil.³ PGE1 has also been associated with supporting and soothing the skin when used topically or taken orally.^{4†}

SUGGESTED USE

As a dietary supplement, take 1 capsule, 1-4 times daily, with or between meals.

STORAGE

Store in a cool, dry place.

WARNING

If you are pregnant or lactating, have any health condition or are taking any medication, consult your health professional before use.

SOURCE

- Borage oil is extracted from the seeds of *Borago Officinalis*. It is cold-pressed and produced without the use of solvents.
- Vitamin E (mixed tocopherols) is derived from highly purified soybean oil.

NOTES

Size 20 softgel

Bottle count 60/180

Order code BOG6/BOG1

Bottle size 190 cc/20 oz

REFERENCES

1. Leventhal LJ, et. al. *Ann Intern Med*. 1993 Nov 1;119(9):867-73.
2. Furse RK, et. al. *J Clin Immunol*. 2002;22:83-91.
3. Zurier RB, et. al. *Arthritis Rheum*. 1996 Nov;39(11):1808-17.
4. De Spirt S, et. al. *Br J Nutr*. 2009 Feb;101(3):440-5.

SUPPLEMENT FACTS

1 softgel capsule, 1-4 times daily, with or between meals.

Each (size 20) softgel capsule contains:

Calories	10
Total fat	1 g
Vitamin E (as mixed tocopherols)	1 mg
Borage (<i>Borago officinalis</i>) oil (seed) (cold-pressed)	1,000 mg
(standardized to contain 20% gamma-linolenic acid (GLA))	
Other ingredients: gelatin capsule (gelatin, glycerin, water)	



Borage Oil	Quantity	Order Code
	180	BOG1
	60	BOG6

Visit PureEncapsulationsPro.com for more information about our GMO policy.