



Borage Oil

What Is It?

Borage oil is extracted from the seeds of *Borago officinalis*, an annual, bristly herb, originally indigenous to the Mediterranean region. The main fatty acid in borage oil is gamma-linolenic acid (GLA), typically in concentrations of 17-25%. GLA is an essential fatty acid that has multiple physiological roles. Pure Encapsulations borage oil contains 24% GLA, the highest percentage of any plant source.*

Uses For Borage Oil

Healthy Joint, Immune System And Skin Support: Studies have indicated that GLA promotes healthy prostaglandin E1 (PGE1) production, which helps support healthy joints, as well as healthy blood flow and vessel function. A randomized, double blind, placebo controlled trial reported statistically significant support for joint health in subjects supplementing with GLA from borage seed oil. 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. PGE1 has also been associated with supporting and soothing the skin when used topically or taken orally.*

What Is The Source?

Pure Encapsulations borage oil is a chemical-free, fresh-pressed oil containing 24% GLA. Pure Encapsulations Borage Oil also contains vitamin E (d-alpha tocopherol) (soy).

Recommendations

Pure Encapsulations recommends 1-4 capsules per day, in divided doses, with meals.

Are There Any Potential Side Effects Or Precautions?

If pregnant or lactating, consult your physician before taking this product. Borage oil may cause bloating, nausea, indigestion, and headache in sensitive individuals.

Are There Any Potential Drug Interactions?

At this time, there are no known adverse reactions when taken in conjunction with medications.

Borage Oil

each softgel capsule contains

borage oil	1,045 mg.
(This oil is fresh pressed; absolutely no chemicals are used in the extraction process.)	
provides GLA (min.)	240 mg.
fatty acid composition (typical):	
16:0 palmitic	111 mg.
18:0 stearic	40 mg.
18:1 oleic	169 mg.
20:1 eicosenoic	41 mg.
18:2 linoleic.....	391 mg.
18:3 gamma linolenic (GLA)	240 mg.
other fatty acids.....	69 mg.
vitamin E (d-alpha-tocopherol)	(10 i.u.)

1-4 capsules per day, in divided doses, with meals.

*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

For educational purposes only. Consult your physician for any health problems.