

Pure Evening Primrose Oil 1000mg & 500mg

With added Vitamin E

Pure Evening Primrose Oil 1000mg

Presentation

A soft capsule.

Each capsule delivers:

Evening Primrose Oil providing	1000mg
Gamma-Linolenic Acid (GLA)	90mg
Vitamin E	10mg

Encapsulated with:

Capsule Shell (Gelatin, Glycerin).

Disintegration time: Less than 30 minutes.



quantity
90

type
capsules

code
8501

Pure Evening Primrose Oil 500mg

Presentation

A soft capsule.

Each capsule delivers:

Evening Primrose Oil providing	500mg
Gamma-Linolenic Acid (GLA)	50mg
Vitamin E	10mg

Encapsulated with:

Capsule Shell (Modified Starch, Glycerol, Gelling Agent: Carrageenan).

Disintegration time: Less than 30 minutes.

Suitable for vegetarians  **and vegans** 



quantity
180

type
capsules

code
8507

Usage and administration

Pure Evening Primrose Oil 1000mg

1 to 3 capsules daily.

Pure Evening Primrose Oil 500mg

1 to 4 capsules daily.

Allergen advice

None (see page 194).

Cautions

Evening Primrose Oil should only be given to Epileptics (temporal lobe) under medical supervision.

Storage instructions

To be stored in a cool, dry place and protected from light.

Legal category

Food supplement.

Uses

Evening primrose oil is one of the few natural sources of a polyunsaturated fat called Gamma-Linolenic Acid (GLA). GLA is the precursor of a particularly important prostaglandin called PGE1, which takes part in regulating the nervous, cardiovascular and reproductive systems, skin condition and other biological functions.

Whilst the body can make GLA from Linoleic Acid (the omega 6 fatty acid present in vegetable oils) this conversion is sometimes slow or partially blocked. Hence, a dietary source of GLA can be very useful to the body in by-passing the conversion process, and numerous clinical trials have established that GLA supplements can be effective in certain situations.

Lamberts® Evening Primrose Oil is high quality oil specially selected for its purity and consistent GLA level, and each capsule also provides 10mg of vitamin E.