

Black Currant Seed Oil

Provides GLA for skin, musculoskeletal health and prostaglandin production[†]

INDICATIONS

- Ages 18 and up
- Joint comfort support[†]
- Healthy immune system function[†]
- Premenstrual comfort[†]

BENEFITS

- Supports joint health and comfort with prostaglandin production and healthy cytokine activity[†]
- Provides healthy immune system support[†]
- May promote estrogen balance and premenstrual comfort[†]

FEATURES

- Natural plant source of gamma linolenic acid (GLA)
- Contains 14% GLA
- Easy-to-swallow softgels

VERIFIABLE SCIENCE

Black currant seed oil contains gamma linolenic acid (GLA), a fatty acid that has multiple physiological roles, including support for joint health, immune function and premenstrual comfort. Studies have shown that GLA promotes healthy prostaglandin E1 (PGE1) production. A six-month clinical trial performed at the University of Massachusetts Medical Center found that GLA was effective in supporting joint comfort.¹ These results aligned with previous clinical trial data showing clinically and statistically significant support for joint health.² A randomized, double-blind, placebo-controlled trial performed at the Jean Mayer USDA Human Nutrition Research Center on Aging reported that black currant seed oil supplementation provided immune support in elderly subjects, mainly by supporting prostaglandin (PGE2) production and T-lymphocyte function.³ Preliminary evidence suggests GLA may also support healthy estrogen balance and premenstrual comfort.^{4†}

SUGGESTED USE

As a dietary supplement, take 2 capsules, 1-2 times daily, with 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

- Black currant oil is derived from *Ribes nigrum* seed
- Vitamin E (d-alpha tocopherol) is derived from highly refined soybean oil

NOTES

Size 10 softgels

Bottle count 100/250

Order code BL1/BL2

Bottle size 190 cc/20 oz

REFERENCES

1. Zurier RB, et al. *Arthritis Rheum.* 1996 Nov;39(11):1808-17.
2. Leventhal LJ, et al. *Ann Intern Med.* 1993 Nov 1;119(9):867-73.
3. Wu D, et al. *Am J Clin Nutr.* 1999 Oct;70(4):536-43.
4. Watanabe S, et al. *J Oleo Sci.* 2005. 54(4); 217-224.

SUPPLEMENT FACTS

2 softgel capsules, 1-2 times daily, with meals.

Two (size 10) softgel capsules contain:

Calories	10
Total fat	1 g
Vitamin E (as d-alpha-tocopherol)	13 mg
Black currant (<i>Ribes nigrum</i>) oil (seed)	1,000 mg
Providing:	
18:3 gamma linolenic acid (GLA)	140 mg
Other ingredients: gelatin capsule (gelatin, glycerin, water)	



Black Currant Seed Oil	Quantity	Order Code
	250	BL2
	100	BL1

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