

Where Science and Nature Come Together.®

**FOODSCIENCE®**  
*of Vermont*

## Borage Oil

- **Supports inflammatory responses within normal ranges, supports skin and nerve health, and helps reduce premenstrual discomfort.\***
- Borage Oil is derived from the seeds of the borage plant, *Borago officinalis*, which is a rich source of the omega-6 essential fatty acid, Gamma Linolenic Acid (GLA). Each 1,000 mg softgel yields 240 mg of GLA.
- Essential fatty acids (EFAs) are polyunsaturated fats that the body cannot manufacture and must be obtained from the diet. EFAs play a vital role in the structure of cell membranes, they also promote healthy hair and skin as well as supporting proper cardiovascular, nerve, neurological and immune system functions.\*
- EFAs are also used by the body for the production of prostaglandins. Prostaglandins are hormone like substances that act as chemical messengers and regulators of various body processes. They control a multitude of essential functions including mood, liver function, circulation, blood pressure, hormone production and secretion, neurotransmitter synthesis and release and inflammatory pathways.\*
- The Omega 6 essential fatty acid Gamma-Linolenic Acid (GLA) is made from Linoleic Acid (LA) in the body, but producing GLA from LA requires the use of an enzyme called delta-6-desaturase (D-6-D). The activity of this enzyme can be blocked by a variety of causes, so it can be beneficial to supplement with GLA directly.\*
- The body uses GLA to produce the PGE1 series of prostaglandins, which support immune system function, skin health and regulate proinflammatory reactions.\* Prostaglandin E1 (PGE1) has an inhibitory effect on inflammatory cells and also inhibits platelet aggregation and has vasodilatory activity.\*
- Recommended to support those with inflammatory, skin or respiratory concerns, for those who are monitoring their blood pressure or serum lipid levels or those with premenstrual discomfort.\*

- GLA contributes to healthy nerve development and may help to improve nerve impulse transmission.\*
- Because GLA helps to improve optimal blood flow, it may help to improve reproductive function.\*
- Inflammatory prostaglandins are released during menstruation, so supplementing with GLA may help to decrease discomfort associated with inflammatory prostaglandin release.\*
- Some skin disorders develop when the body has trouble converting dietary fats into GLA, so supplementing with GLA may improve skin health.\*
- Borage Oil has been cold pressed which means you get the full advantage of its natural compounds.\* Some manufacturing procedures use heat which renders the fats inactive and unusable by the body.\*

### Supplement Facts

#### Serving Size: 1 Softgel

#### Amount Per Serving

Calories	10
Calories from Fat	10
Total Fat	1 g
Polyunsaturated Fat	0.5 g
Borage ( <i>Borago officinalis</i> ) Seed Oil	1000 mg
Which typically contains:	
Gamma Linolenic Acid (GLA)	240 mg
Linoleic Acid (LA)	380 mg

Other Ingredients: gelatin, vegetable glycerin, purified water.

**Warning:** If you are pregnant or nursing, consult your healthcare practitioner before taking this or any nutritional product.

- **Suggested Use:** As a dietary supplement, adults take one softgel twice daily, preferably with meals.
- **Sold Exclusively Through Retailers.**

0300487.060 (60 Softgels)  
0300487.120 (120 Softgels)

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

Copyright© 2009 by FoodScience® of Vermont. All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted, in any form or by any means, electronic, mechanical, photocopying, recording, or otherwise, without prior written permission of the copyright owner.

1-800-874-9444 • [www.foodscienceofvermont.com](http://www.foodscienceofvermont.com)