

# Evening Primrose Oil

M1260



Quality is our Passion  
Passion Flower (*Passiflora incarnata*)

## Evening Primrose Oil: Natural Gamma-Linolenic Acid

The oil from the seed of Evening Primrose is a popular source of the omega-6 fatty acid, gamma-linolenic acid (GLA).

### Polyunsaturated fatty acids

Polyunsaturated fatty acids (PUFAs) are needed to help the body maintain good health. One particular PUFA, gamma-linolenic acid (GLA), is metabolized in the liver to form longer-chain fatty acids, such as dihomo-gamma-linolenic acid (DGLA). DGLA is used by the body to form other important chemicals (hormone-like substances) known as prostaglandins. Healthy levels of GLA in the body are associated with good health and well being. This may be due to the beneficial prostaglandins (such as prostaglandin E<sub>1</sub> (PGE<sub>1</sub>)) produced in certain tissues of the body from DGLA. PGE<sub>1</sub> helps tissues to maintain healthy fluid levels, and is associated with healthy blood vessels.<sup>1,2</sup>

Unsaturated fatty acids are very sensitive to damage from heat. Cold-pressed oils are extracted from the plant part (in the case of Evening Primrose Oil, from the seed) in a mechanical press without using external heat during the pressing process. This means the natural profile of the oil is retained after extraction and the amount of oxidation and other chemical alteration is kept to a minimum.

## How Evening Primrose Oil Keeps You Healthy

### Promotes healthy omega-6 fatty acid levels and supports the formation of healthy prostaglandins

By consuming oils rich in GLA, DGLA increases in the blood and tissues, which supports the formation of healthy prostaglandins.<sup>1-3</sup> The body's ability to metabolize GLA to form DGLA is decreased with age. Consuming oils rich in GLA may promote healthy blood and tissue levels of this omega-6 fatty acid in the elderly.<sup>4</sup>

Healthy prostaglandins also help promote the body's normal resistance function.

### Supports a healthy, comfortable menstrual cycle

Evening Primrose oil is used by natural clinicians to ease discomfort associated with the menstrual cycle and premenstrual syndrome.<sup>5</sup>

### Promotes healthy skin

Evening Primrose oil is used by natural clinicians to promote healthy skin.<sup>5</sup>

### Supplement Facts

Serving size:	1 capsule	
Servings per container:	60	
Amount per Serving		%DV
Calories	7	
Calories from fat	7	
Total Fat	1.0 g	2%*
Evening Primrose Oil from <i>Oenothera biennis</i> seed Containing gamma-linolenic acid (GLA) 90 mg	1.0 g	†

\*Percent Daily Values (DV) are based on 2,000 calorie diet. † Daily Value (DV) not established.

Other ingredients: Gelatin, glycerol, d-alpha-Tocopherol (soy) and purified water.

**Caution:** Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional.

<b>Product No</b>	<b>Content</b>
M1260	60 Capsules



Evening Primrose Oil M1260



**Professor Kerry Bone**  
MediHerb Co-Founder and  
Director of Research and Development

### A Phytotherapist's Passion

"Philosopher and teacher Rudolf Steiner once said that, for every human illness, somewhere in the world there exists a plant which is the cure. I believe that there is a healing potential locked inside plants which is integral with their evolution, just as it is part of human evolution to learn to tap this wonderful gift of Nature."

# What Makes MediHerb Evening Primrose Oil Unique

Evening Primrose Oil from MediHerb is unique in the professional herbal products industry because:

- The label states exactly how much each capsule contains of the important plant constituents (gamma-linolenic acid)
- It is tested to ensure the gamma-linolenic acid is retained in the product throughout manufacture
- It contains cold pressed oil

## Unique Manufacture & Analytical Testing

### Quality and safety ensured

- Manufactured in Australia to the high standards of international pharmaceutical Good Manufacturing Practice
- Raw materials and finished product are subjected to tough quality standards

### References

- <sup>1</sup> Fan YY, Chapkin RS. *J Nutr* 1998; **128**(9):1411-14114
- <sup>2</sup> Belch JFF, Hill A. *Am J Clin Nutr* 2000; **71**(Suppl 1): 352S-356S
- <sup>3</sup> Abraham RD, Riemersma RA, Elton RA et al. *Atherosclerosis* 1990; **81**(3): 199-208
- <sup>4</sup> Hornych A, Oravec S, Girault F et al. *Bratisl Lek Listy* 2002; **103**(3): 101-107
- <sup>5</sup> Bartram T. *Encyclopedia of Herbal Medicine*, 1st Edn. Grace Publishers, Dorset, 1995.



## Quality is our Passion

MediHerb products are developed by experts and leaders in the field of herbal therapy, using scientific evidence and hundreds of years of traditional knowledge.

Kerry Bone and over 20 health care professionals work within MediHerb while still managing their own clinical practices, plus we consult with an advisory board of health care professionals from around the world.

Our products are made using only the highest quality ingredients which are extensively tested for purity and potency. The MediHerb manufacturing plant operates to a strictly regulated pharmaceutical standard and is regularly audited by the Therapeutic Goods Administration (similar to the FDA), the same body that audits conventional pharmaceutical manufacturing facilities. The comprehensive regulations in Australia mean that you receive a safe and effective product that has been manufactured to pharmaceutical standards.

We know from our experience as health care professionals that the quality of a product you take makes a huge difference to the health outcome you experience. We dedicate ourselves to researching and making the best possible products to deliver health solutions that work.



Exclusive United States Distributor of MediHerb®

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

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