

# GLA Borage Oil

(Hypoallergenic)



Item # 71320

Available in bottles of 30 softgels

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## The Possible Benefits of GLA Borage Oil, a Dietary Supplement

- Provides a precursor to key prostaglandins, promoting prostaglandin balance\*
- May support healthy circulation and cholesterol within normal levels\*
- May support hormonal balance, women's health, and healthy skin and joints\*

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## Description

This softgel formulation provides a high potency gamma-linolenic acid (GLA) from borage oil. GLA is an omega-6 fatty acid and is considered a nutrient and semi-essential fatty acid. Borage oil is pressed from the seeds of the borage plant *Borago officinalis*, and contains the highest known concentration of the omega-6 fatty acid GLA. It is also a significant source of the essential linoleic acid (LA), also an omega-6 fatty acid. GLA is a precursor for key prostaglandins, and has been found to support healthy circulation and cholesterol within normal levels, hormonal balance, women's health, and healthy skin and joints.\*

The human body is made up of approximately 100 trillion cells, each contained by membranes on which the majority of the work of the cells occurs. The essential fatty acid (EFA) makeup of these cell membranes strongly influences their structure and function. Optimal EFA balance in the

membranes helps optimize the approximately 100,000 chemical reactions that together make up our metabolism.\* The EFAs are also essential metabolic starting points for the production of substances called prostaglandins (PG). These are hormone-like messenger substances important for the optimal functioning and homeostatic balance of all the organ systems.\* The omega-6 essential fatty acids are required in substantial quantities, at a minimum of 7% to 10% of the total calories that we consume daily.

Consuming omega-6 oil in the diet may not result in adequate amounts of GLA and arachidonic acid (AA) in the body. Under optimal conditions, our tissues use enzymatic catalysis to produce GLA from LA. GLA is then further converted to dihomo-gamma-linolenic acid (DGLA), and then AA. Together, LA, GLA, DGLA and AA make up the omega-6 fatty acid family found in human tissues. Evidence

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suggests that some individuals are less capable of enzymatically generating AA from LA, resulting in inadequate arachidonic acid status. The first step of enzymatic conversion – that of linoleic acid (LA) to gamma-linolenic acid (GLA) – is often where the problem occurs. It requires the enzyme delta-6-desaturase (D6D), which is sometimes not available in adequate amounts. Factors that can lower D6D activity include aging, alcohol intake, stress, and diets high in

saturated fat, sugar or cholesterol.

Borage oil is extracted and purified under strict quality control. It is processed without trans-isomer formation. It is non-toxic and is generally well-tolerated. Because GLA Borage Oil does not contain any omega-3 fatty acids, its use is often combined with Flax Seed Oil item #70550 or item #72350, and/or Super EPA Fish Oil Concentrate item #71250 or item #73870.

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Serving Size: 1 Softgel

Servings Per Container: 30

Amount Per Serving:

Calories	10
Calories from Fat	10
Total Fat	1.3 g
Borage Oil	1300 mg
Gamma-Linolenic Acid (Omega-6)	300 mg
Linoleic Acid (Omega -6)	480 mg

Suggested Use: As a dietary supplement, 1 softgel one to two times daily with meals, or as directed by a healthcare practitioner.

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