



E.P.O. (evening primrose oil)

Introduced 2004



What Is It?

Evening primrose oil (EPO), a source of essential fatty acids such as gamma linolenic acid (GLA), has been used in Europe since the seventeenth century and by the Native Americans for centuries as nutritional support for a wide range of physiological functions, including joint, skin and cardiovascular health.*

Uses For E.P.O. (evening primrose oil)

Joint Health: In the body, GLA is metabolized to dihomogammalinolenic acid (DGLA). Several studies suggest that DGLA promotes healthy prostaglandin E1 (PGE1) production and supports healthy cytokine activity, a mechanism that may help to support joint comfort.*

Skin Health: Several studies have indicated that EPO may help support the look and feel of healthy skin. A clinical trial reported that EPO supported healthy skin through a modulation of IFN-gamma. Another study revealed that EPO promoted skin health and led to a more favorable shift in eicosanoid metabolism.*

Cardiovascular Health: Animal studies suggest that EPO may support healthy lipid metabolism and may provide oxidative protection by promoting glutathione reductase and transferase activities. A clinical trial reported that GLA in combination with EPA/DHA significantly promoted healthy cardiovascular function in women.*

Menstrual Comfort: EPO supports GLA levels, which may potentially be supportive of premenstrual comfort.*

What Is The Source?

Pure Encapsulations evening primrose oil is a cold-pressed oil produced without the use of solvents.

Recommendations

Pure Encapsulations recommends 1-4 capsules per day, in divided doses, with meals.

Are There Any Potential Side Effects Or Precautions?

Not to be taken by pregnant women, due to an increased risk for pregnancy complications. Consult your physician for more information.

Are There Any Potential Drug Interactions?

Evening primrose oil is contra-indicated with blood thinning medications. Consult your physician for more information.

E.P.O. (evening primrose oil)

each softgel contains	10 sg
calories.....	5
calories from fat.....	5
total fat.....	0.5 g.
evening primrose oil (seed) (cold-pressed).....	500 mg.
providing:	
gamma-linolenic acid (GLA) (min.) 9%.....	45 mg.
other ingredients: gelatin capsule	
1–4 capsules per day, in divided doses, with or between meals.	

‡These statements have not been evaluated by the Food & Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.