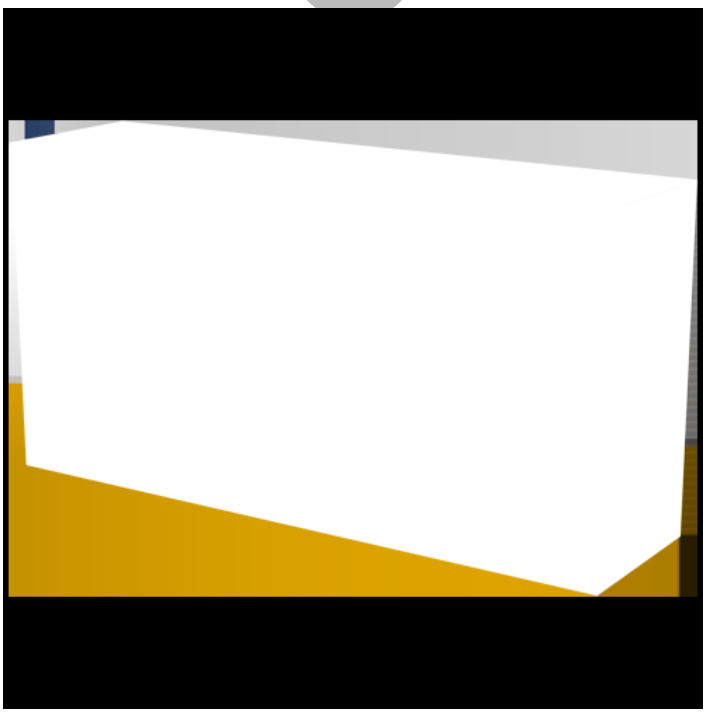
Evening primrose



Evening Primrose is high in polyunsaturated fat, which include omega-6 fatty acids. Linoleic acid (LA) and gamma-linolenic acid (GLA) present in the evening primrose (Oenothera paradoxa) oil belong to the omega-6 fatty acids family. Linoleic acid contributes to the maintenance of normal blood cholesterol levels. The beneficial effect is obtained with a daily intake of 10 g of LA.

Vitamin E contributes to the protection of cells from oxidative stress.

*__Vitamin A__ contributes to the maintenance of normal skin.

Intended use: product is recommended for children aged 6 or more and adults to supplement their daily diet in omega-6 fatty acids: linoleic acid and gamma-linolenic acid, as well as vitamins A and E.

Recommended use: children aged 6 or more: 1 capsule twice a day, adults: 2 capsules twice a day during a meal. Do not exceed the recommended daily dose. Food supplements should not be used as a substitute for a varied and balanced diet. Maintaining normal health requires a varied and balanced diet and a healthy lifestyle. Note! People suffering from epilepsy should not use this product.

Ingredients: cold-pressed evening primrose oil, gelatin (shell ingredient), DL-alpha tocopheryl acetate, retinyl palmitate, emulsifier: polyoxyethylene sorbitan monolaurate (polysorbate 20).

Daily dose for children (2 capsules) contains: evening primrose oil 1000 mg, of which: 840 mg of polyunsaturated fatty acids, of which: 830 mg of omega-6 fatty acids, of which 740 mg of linoleic acid and 85 mg of gamma-linolenic acid, 6 mg of alpha-tocopherol equivalent – vitamin E (50%**), 200 µg of vitamin A (25%**).

Daily dose for adults (4 capsules) contains: evening primrose oil 2000 mg, of which: 1680 mg mg of polyunsaturated fatty acids, of which: 1660 mg of omega-6 fatty acids, of which 1480 mg of linoleic acid and 170 mg of gamma-linolenic acid, 12 mg of alpha-tocopherol equivalent – vitamin E (100%**), 400 µg of vitamin A (50%**).** % of nutrient reference value