

E.P.O. (evening primrose oil)

Cold-pressed evening primrose seed oil; supports skin health and musculoskeletal comfort[†]

INDICATIONS

- Ages 18 and up
- Healthy skin support[†]
- Cardiovascular and joint comfort[†]

BENEFITS

- Supports the look and feel of healthy skin[†]
- Promotes healthy prostaglandin E1 production and cytokine activity which may help support joint comfort[†]
- GLA provides cardiovascular function support in women when combined with EPA/DHA[†]
- May provide premenstrual comfort[†]

FEATURES

- Source of the essential fatty acids including GLA
- Produced using cold-pressed process without solvents
- Convenient softgel capsule for easy dispensing
- Made with high-quality ingredients backed by verifiable science

VERIFIABLE SCIENCE

Evening primrose oil (E.P.O.) is cold-pressed and produced without the use of any solvents. Used for centuries as nutritional support for a wide range of physiological functions, several studies have indicated that E.P.O. may help support the look and feel of healthy skin.¹ A clinical trial reported that E.P.O. supported healthy skin through a modulation of IFN-gamma.² Another study revealed that E.P.O. promoted skin health and led to a more favorable shift in eicosanoid metabolism.³ Other studies suggest that E.P.O. may support healthy lipid metabolism and may provide oxidative protection by promoting glutathione reductase and transferase activities.⁴ A clinical trial reported that GLA in combination with EPA/DHA significantly promoted healthy cardiovascular function in women.⁵ Additionally, E.P.O. may potentially be supportive of premenstrual comfort.^{6†}

SUGGESTED USE

As a dietary supplement, take 1 capsule, 1-4 times daily, with or between meals.

STORAGE

Store in a cool, dry place.

WARNING

If you are pregnant or lactating, have any health condition or are taking any medication, consult your health professional before use.

SOURCE

- Evening primrose oil is a cold-pressed oil produced without the use of any solvents

NOTES

Size 10 softgels

Bottle count 100, 250

Order codes EPO1, EPO2

Bottle size 190cc, 20 oz

REFERENCES

1. Muggli R. *Int J Cosmet Sci.* 2005 Aug;27(4):243-9.
2. Yoon S, et al. *Skin Pharmacol Appl Skin Physiol.* 2002 Jan-Feb;15(1):20-5.
3. Yoshimoto-Furuie K, et al. *Nephron.* 1999 Feb;81(2):151-9.
4. Lee SJ, et al. *Intern J Dairy Tech.* 2007. 60(1); 22-30.
5. Laidlaw M, et al. *Am J Clin Nut.* 2003. 77(1); 37-42.
6. Pruthi S, et al. *Altern Med Rev.* 2010 Apr;15(1):59-67.

E.P.O. (evening primrose oil)

Cold-pressed evening primrose seed oil; supports skin health and musculoskeletal comfort[†]

SUPPLEMENT FACTS

1 softgel capsule, 1-4 times daily, with or between meals.

Each (size 10) softgel capsule contains:

Calories	5
Total fat	0.5 g
Evening primrose (<i>Oenothera biennis</i>) oil (seed) (cold-pressed) (standardized to contain 9% gamma-linolenic acid (GLA))	500 mg
Other ingredients: gelatin capsule (gelatin, glycerin, water)	



E.P.O. (evening primrose oil)	Quantity	Order Code
	250	EPO2
	100	EPO1

Visit PureEncapsulationsPro.com for more information about our GMO policy.

[†]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.