

**Borage Seed Oil**  
**High potency source of gamma-linolenic acid**

**DESCRIPTION**

Douglas Laboratories' Borage Seed Oil is an excellent source of the important gamma-linolenic acid (GLA) providing 210 mg of GLA per softgel. Douglas Laboratories' Borage Seed Oil softgels are manufactured using only 100% vegetable oil from borage seeds (*Borago officinalis*). The oil is cold-processed and handled carefully to avoid any oxidation, as indicated by consistently low peroxide values. No solvents such as hexane are used during the extraction and processing.

**FUNCTIONS**

Typical diets in developed countries deliver large amounts of saturated fatty acids and the polyunsaturated omega-6 linoleic and arachidonic acids. Dietary linoleic acid (18:2 omega-6) is a precursor to arachidonic acid (20:4) which in turn is a precursor for pro-inflammatory immune mediators, the 2-series prostaglandins, thromboxanes and leukotrienes. Although GLA is a precursor of arachidonic acid, it also competes with arachidonic acid effectively, and may help downregulate the formation of excessive levels of pro-inflammatory 2-series prostaglandins and other immune mediators.

**INDICATIONS**

Borage Seed Oil may be a useful dietary supplement for those who wish to increase their intake of gamma-linolenic acid.

**FORMULA (BOR)**

Each softgel contains:

Omega-6 fatty acids .....	580mg
Linoleic acid.....	370mg
Gamma-Linolenic Acid (GLA) .....	210mg
Omega-9 fatty acids(as oleic acid).....	150mg

**SUGGESTED USE**

One softgel daily as a dietary supplement, or as directed by your healthcare professional.

**SIDE EFFECTS**

No adverse side effects have been reported.

**STORAGE**

Store in a cool, dry place, away from direct light. Keep out of reach of children.

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#### **REFERENCES**

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**For more information on Borage Seed Oil visit [douglaslabs.com](http://douglaslabs.com)**

† 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.

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Your patients trust you.**

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