

# GLA Borage Oil

## High Potency Gamma-Linolenic Acid

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.



#71320 • 30 softgels

#77220 • 90 softgels

### Key Features

- GLA is a precursor to prostaglandin E1, an eicosanoid with balancing and immune-supporting properties.\*
- Borage oil is the premier source of high potency GLA.\*
- Extracted, processed, and purified without trans-isomer formation\*



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**GLA** is a precursor for key prostaglandins, including prostaglandin E1, an eicosanoid with balancing and immune-supporting properties.\*

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.

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 may be combined with Super EPA Fish Oil Concentrate, item #71250 (60 softgels), or item #73870 (200 softgels).

### Supplement Facts

Serving 1 Softgel  
 Servings Per Container 30 (#71320), 90 (#77220)

#### Amount Per Serving

Calories 10  
 Calories from Fat 10

	% Daily Value*	
Total Fat	1.0 g	2%
Polyunsaturated Fat	500 mg	†
Borage Oil	1.0 g	†
Gamma-Linolenic Acid (ω-6)	240 mg	†
Linoleic Acid (ω-6)	380 mg	†

\* Percent Daily Values are based on a 2,000 calorie diet.  
 † Daily Value not established.

Other ingredients: Gelatin, glycerin, purified water.

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