

Mega GLA Complex

(22% gamma linolenic acid)

Ingredients typically per vegetable capsule

Borage Oil	700mg	
<i>(providing 161mg gamma linolenic acid (GLA))</i>		
Lecithin (soya)	50mg	
Vitamin E 30i.u. (d-alpha tocopherol)	20mg	
Vitamin C (ascorbic acid)	2.5mg	
Non-active Ingredients:		Capsule:
Glycerol Monostearate		Starch (tapioca), Sorbitol, Maltitol, Glycerol, Red Iron Oxide & Carnauba Wax

Nutritional Information per Daily Intake (1 capsule)

		% EC RDA
Borage Oil Concentrate	700mg	-
<i>(providing 161mg gamma linolenic acid GLA)</i>		
Lecithin (soya)	50mg	-
Vitamin E 30iu (natural source)	20mg	200%
Vitamin C	2.5mg	4.2%

RDA = Recommended Daily Allowance

Ingredients:
Borage Oil (*Boraginis oleum*), Capsule (Tapioca Starch, Sorbitol, Maltitol, Glycerol, Colour (Red Iron Oxide)& Carnauba Wax), Lecithin¹, Glycerol Monostearate, Vitamin E (as D-Alpha Tocopherol¹), Vitamin C (as Ascorbic Acid)

Recommended Intake

One capsule taken daily with food or as professionally directed.

Allergen Information

¹ From Soya

Contra-indications

Not suitable for individuals taking anti-blood clotting drugs such as Warfarin, Coumarin and Heparin. Not suitable for individuals suffering from epilepsy.

Suggested Combinations

Femforte® I or II, Vitamin B6 & Isoflavone Complex or FemGuard®, PT208 & Agnus castus Plus