

Flax/Borage Oil 250 capsules

Vegetarian support for healthy prostaglandin production and joint comfort with 50% omega-3 and 20% GLA



GMO Free

- Supports healthy lipid metabolism and joint function†
- Made with fresh pressed oils providing both omega-3 and omega-6 fatty acids
- Made with hypoallergenic ingredients

PRODUCT DETAILS

Flax/Borage Oil provides a blend of omega-3 and omega-6 fatty acids to promote healthy lipid metabolism and joint function

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Flax seed oil provides 50% omega-3 fatty acids and borage oil provides 20% GLA. Flax seed oil contains alpha linolenic acid, ALA, an omega-3 fatty acid that can be converted into eicosapentaenoic acid, or EPA, in the body. Because the combination of flax seed and borage oil has the potential to simultaneously support PGE3 and PGE1, it may provide enhanced support compared to either oil alone. Borage oil has been shown to support healthy joint function while flax seed oil has the potential to support healthy lipid metabolism and joint function. Each 2 capsule

serving of Flax/Borage Oil typically provides 450-500 mg omega-3 fatty acids (as alpha linolenic acid (ALA) and 36-44 mg gamma linolenic acid (GLA)).

INGREDIENTS

- **Amount Per Serving**

- two softgel capsules contain:

- calories 10
- total fat 1 g
- vitamin E (as d-alpha-tocopherol) 13 mg
- flax (*Linum usitatissimum*) oil (seed) 1,000 mg
 - (fresh pressed, chemical-free extraction)
- borage (*Borago officinalis*) oil (seed) 200 mg
 - (fresh pressed, chemical-free extraction)
- other ingredients: gelatin capsule (gelatin, glycerin, water, carob)

RECOMMENDED DOSAGE

2 capsules, 1-4 times daily, with meals.