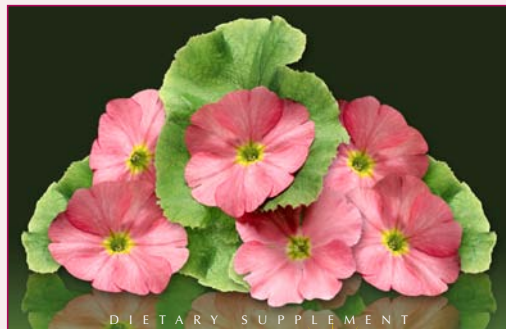


**SUGGESTED USE** Consume two to four capsules daily or as recommended by a health care professional. This product is most effective when used in conjunction with a high potency, comprehensive multi-vitamin-mineral supplement such as one of **ANDREW LESSMAN'S Life Rx™** formulas. **For answers to questions about the use of this product call 800.800.1200.**

# EVENING PRIMROSE™ —with— BLACK CURRANT SEED OIL

**EPO - EVENING PRIMROSE OIL**  
**GLA - GAMMA LINOLENIC ACID**



**PROCAPS**  
LABORATORIES

**ALL-SOLAR**  
MANUFACTURING

360 Easy-to-Swallow Capsules

**Andrew Lessman's EVENING PRIMROSE with BLACK CURRANT SEED OIL** provides a concentrated blend of Essential Fatty Acids (particularly **GLA**) from Evening Primrose and Black Currant Seed oils to gently support women through the menstrual cycle. Just like vitamins, there are certain fatty acids your body cannot produce, yet are essential for optimum health and therefore must be obtained through your diet or supplementation. Used traditionally in America and in Europe to support women's health, Evening Primrose and Black Currant oils contain high levels of Gamma Linolenic Acid (**GLA**), an essential Omega-6 fatty acid, and an important precursor to hormone-like substances in the body called prostaglandins. Evening Primrose Oil has been shown to support **GLA** levels and help to alleviate the mood swings and physical discomfort associated with premenstrual syndrome (PMS) for some women. Since Evening Primrose and Black Currant oils, along with fatty acids in general, are quite unstable and are prone to oxidation, in order to preserve their benefits it is important to deliver them in a manner that reduces oxidation and instability. Accordingly, we have developed our liquid-filled softgel capsules to protect against the damaging effects of oxidation on potency. Our unique, protective softgels also avoid the additives present in ordinary softgel capsules. Our softgels are the perfect way to protect and enjoy the benefits of the delicate oils in Evening Primrose with Black Currant Seed Oil.

**This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.**

**CONTAINS NO** Milk, soy, yeast, corn, wheat, gluten, sodium, salt, sugar, starch, cholesterol, emulsifier, wax, binder, filler, excipient, lubricant, coating, diluent, flowing agent, common allergen, color, flavor, sweetener or preservative.

**CONTAINS NO ADDITIVES OF ANY KIND**

## Supplement Facts

**Serving Size 2 Capsules      Servings Per Container 180**

**Amount Per Serving      %DV\***

**Calories 10**

Calories from Fat 10

**Total Fat 1g      2%**

**Evening Primrose Oil      500 mg †**

as **GLA - Gamma Linolenic Acid** 45 mg  
(Omega-6)

as Linoleic Acid (Omega-6) 350 mg

as Oleic Acid (Omega-9) 30 mg

**Black Currant Seed Oil      900 mg †**

as alpha-Linolenic Acid (Omega-3) 90 mg

as **GLA - Gamma Linolenic Acid** 135 mg  
(Omega-6)

as Linoleic Acid (Omega-6) 385 mg

as Oleic Acid (Omega-9) 90 mg

### Essential Fatty Acid Profile

Omega-3 Fatty Acids 90 mg

Omega-6 Fatty Acids 915 mg

Omega-9 Fatty Acids 120 mg

\* Percent Daily Value (%DV) are based on a 2,000 calorie diet.

† Daily Value not established.

Other Ingredients: Soft-gelatin capsule (Gelatin, Glycerin).

**NO ADDITIVES.**

**UNSURPASSED.**

*Purity. Quality. Integrity. Effectiveness.*

Andrew Lessman  
Founder of  
PROCAPS LABS



**QUESTIONS? RE-ORDERS?**

**CALL 800.800.1200**

**WWW.PROCAPSLABS.COM**

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