

## BORAGE OIL - 250 CAPSULES

NEBO

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1000 mg of borage oil in combination with 7 mg of vitamin E

## Description

Natural energy Borage oil is obtained by cold pressing of the borage plant (*Borago officinalis*), also often called starflower. Vitamin E has been added to this oil as a natural preservative because vitamin E prevents the oxidation of borage oil. Natural energy Borage oil contains a high content of gamma-linolenic acid (GLA) (200 mg per capsule) as well as zinc, magnesium, vitamin B6 and biotin. GLA is an essential polyunsaturated fatty acid that is insufficiently present in the current Western diet. In the body, GLA is converted into the potent anti-inflammatory prostaglandin E1.

Gamma-linolenic acid (GLA) extracted from Borage oil helps maintain a normal structure and elasticity of the skin.

## Range of indications

- GLA deficiency (fatty acid profile: GLA <0.04%).
- for a normal structure and elasticity of the skin.

## INSTRUCTIONS

The first month: 6 capsules per day.

As a maintenance dose: 3 capsules per day.

## Composition

Composition each capsule	
Borage oil	1000 mg
D-tocopherol concentrate	10 mg
Gelatine	3,6 mg

<b>Categorie:</b>	Omega / Fatty Acids
<b>Form:</b>	Capsule
<b>Free from:</b>	No info
<b>Raw Material:</b>	Borage, Delta tocoferol