



HEALTHY GLA

A PRIMROSE OIL SUPPLEMENT TO SUPPORT SKIN AND NERVE HEALTH AND PREMENSTRUAL FUNCTIONAL NEEDS†

Healthy GLA is Evening Primrose Oil. This oil has long been known to herbalists for its beneficial medicinal properties. It is rich in the Omega 6 series of Essential Fatty Acids.

ESSENTIAL FATTY ACIDS (EFA'S) AND THEIR CONNECTION TO EVENING PRIMROSE OIL

Essential Fatty Acids (EFA's) are vitamin-like substances which can't be manufactured by the body and therefore need to be provided in the diet. They are vital components of all membrane structures in the body and are also involved in the production of prostaglandins. One of the most important EFA's involved in beneficial prostaglandin production is Gamma Linolenic Acid (GLA).

THE IMPORTANCE OF GAMMA LINOLENIC ACID (GLA)

Gamma Linolenic Acid (GLA) is normally produced in the body from Linoleic Acid (LA), another Essential Fatty Acid. However, because of consumption of overly processed foods, saturated fats, too much alcohol and the aging process, most of us are deficient in the ability to convert Linoleic Acid into GLA, thereby seriously inhibiting the production of one of the important series of prostaglandins, PGE1.[†] Prostaglandins (PG's) are hormones involved in the second-by-second regulation of organ function. There are approximately 30 Prostaglandins, each highly specific in its function.

The GLA formed in the body is eventually converted into Dihomogammalinolenic acid (DGLA), which in turn is converted into the very important Prostaglandin E1 that supports skin and nerve health and helps reduce symptoms associated with PMS.[†]

Known causes of inadequate GLA formation include:

- Diets rich in saturated fats
- Diets rich in processed vegetable oils that contain unusable kinds of fatty acids (trans fatty acids)
- Moderate to high consumption of alcohol
- Aging
- A deficiency of zinc, magnesium and Vitamin B6

THE BEST EVENING PRIMROSE OIL SUPPLEMENT AVAILABLE

Healthy GLA contains at least 69% cis-linoleic acid ("cis" means that this is a biologically active form) in addition to 9% of the all important Gamma Linolenic Acid (GLA).[†]

Healthy GLA is assayed for content and purity of formulation. Certificates of assay are available from the company upon request.

Because it is costly to produce quality Primrose products, they are on the higher end of the price scale. But once again, the old adage, "You get what you pay for," certainly applies. A "bogus" Primrose Oil product which contains little or no GLA will not have the beneficial effects of **Healthy GLA**.

Supplement Facts

Serving Size: 1 Softgel

Amount Per Serving:

Calories	10
Calories from Fat	10
Total Fat	1.5 g
Oil of Evening Primrose	1,300 mg
Yielding Linoleic Acid	949 mg
and Gamma Linolenic Acid	117 mg

Other ingredients: gelatin, vegetable glycerin, water.

Warning: If pregnant or nursing, consult your healthcare practitioner before taking this product.

Suggested Use: As a dietary supplement, take 1 softgel one-half hour before each meal, or as directed by your healthcare practitioner.

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[†]These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.