



Nutritional Support for joint comfort, healthy skin, cardiovascular function and women's health

APPLICATIONS / BENEFITS

- Soothing support for joints
- Promotes healthy lipid metabolism
- Supports look and feel of healthy skin
- Promotes premenstrual and menopause comfort
- Cold-pressed oil, 100% pure and solvent free

OVERVIEW

Patient One Evening Primrose Oil supplies 1000 mg of 100% pure, cold-pressed evening primrose oil (EPO), providing 90 mg gamma-linolenic acid (GLA) and 650-850 mg of linoleic acid (LA). These important fatty acids play a beneficial role in supporting cellular health and overall good health.

Evening primrose oil has been used for centuries as nutritional support for a broad range of physiological functions, including joint, skin, and cardiovascular health, as well as for reducing symptoms associated with PMS and menopause.

Research reveals versatile health effects of evening primrose oil. Animal studies suggest that EPO may support healthy lipid metabolism and may provide oxidative protection by promoting glutathione reductase and transferase activities. A clinical trial reported that GLA in combination with EPA/DHA significantly promoted healthy cardiovascular function in women.

GLA formed in the body is ultimately metabolized to dihomogammalinolenic acid (DGLA). Several studies suggest that DGLA promotes healthy prostaglandin E1 production and supports healthy cytokine activity, a mechanism that may help to support joint comfort. PGE1 also supports skin and nerve health and may help reduce symptoms associated with PMS.

Regular supplementation with evening primrose oil may be beneficial for people consuming diets high in animal foods and processed vegetable oil and rich in saturated fats, as well as for those with moderate to high consumption of alcohol or a deficiency of zinc, magnesium and Vitamin B6.

REFERENCES

1. Przegl Lek. 2007;64(2):91-9.
2. Prostaglandins Leukot Essent Fatty Acids. 2006 Mar;74(3):165-73.
3. J J Belch, D Ansell, R Madhok, A O'Dowd, and R D Sturrock. Effects of altering dietary essential fatty acids on requirements for non-steroidal anti-inflammatory drugs in patients with rheumatoid arthritis: a double blind placebo controlled study. Ann Rheum Dis. 1988 Feb; 47(2): 96-104.

Supplement Facts

Serving Size: 1 Softgel

Amount Per Serving		% DV*
Calories	10	
Calories from Fat	10	
Total Fat	1 g	2%
Polyunsaturated Fat	1 g	**
Evening Primrose Oil (seeds) (cold-pressed) [Typically providing 90 mg gamma-linolenic acid (GLA) and 650-850 mg linoleic acid (LA)]	1000 mg	**

* Daily Values are based on a 2,000 calorie diet

** Daily Value not established

Other Ingredients: gelatin (capsule), vegetable glycerin

Free of: milk, egg, fish, peanuts, crustacean shellfish, soy, tree nuts, wheat, yeast and gluten. Free of ingredients derived from GMOs.

Suggested Use: Take 1 or up to 3 softgels daily, in divided doses preferably with meals, or as directed by your health practitioner. Store in a cool, dry place.

Caution: Pregnant women should not take this product. If you are taking blood-thinning or any other medications, consult your health practitioner before use. Discontinue use and consult your health practitioner if any adverse reactions occur. **Keep out of reach of children.**

Gluten Free

Non-GMO

Softgels

The statements in this document have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

(631) 390-9669 info@patientoneformulas.com patientoneformulas.com

415 Oser Avenue, Suite Q1, Hauppauge, NY 11788

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