

Blackcurrant Seed Oil™

Dietary Supplement for Low GLA Levels

Gamma linolenic acid (GLA) is found in mother's milk as well as certain food sources such as Blackcurrant Seed.

In healthy people, the body converts GLA from linoleic acid (LA), the most abundant n6 fatty acid in the average western diet. GLA is the precursor for arachadonic acid, dihomo-gamma-linolenic acid (DGLA) and certain prostaglandins (PGE1) which play important roles in maintaining good health.

A number of dietary factors can affect the conversion of LA to GLA. Among others, they include excessive intake of trans fatty acids, common in western diets, which can inhibit enzymatic reactions (delta-6-desaturase activity) that affect the LA to GLA conversion process. Niacin (B3), pyridoxal-5-phosphate (B6), vitamin C and magnesium are cofactors for delta-6-desaturase. Excessive alcohol intake can also interfere, as can zinc deficiency, as zinc is required for the conversion process as well. Additionally, high intake of sugar and refined carbohydrates, diabetic conditions and aging can all negatively affect this conversion.

PGE1 prostaglandins are vital for maintaining cardiovascular health. They prevent blood platelets from sticking together and help regulate cholesterol production in the liver. They also help the body utilize the glucose regulating hormone insulin and protect the body against inflammatory immunoresponse conditions. Because PGE1 prostaglandins, vital for maintaining health, are dependent on adequate GLA for their production, it may be beneficial to provide supplemental GLA to those suspected of having low GLA levels due to an inadequate diet.

Each capsule of **Blackcurrant Seed Oil™** supplies Blackcurrant Seed Oil, providing 80 mg of GLA.



Blackcurrant Seed Oil™

available in a
60 capsule
bottle (#1427)

Supplement Facts

Serving Size: 1 Softgel Capsule

	Amount Per Serving	% Daily Value
Blackcurrant Seed Oil	535 mg	*

* Daily Value not established

Other Ingredients: Capsule shell (gelatin, glycerin and water).

Each softgel capsule contains 535 mg of pure Blackcurrant Seed Oil providing Gamma linolenic acid (80 mg), Alpha linolenic acid (55 mg), Linoleic acid (235 mg), Oleic acid (55 mg), Palmitic acid (35 mg) and Stearic acid (35 mg).

This product is gluten and dairy free.

RECOMMENDATION: One (1) softgel capsule each day as a dietary supplement or as otherwise directed by a healthcare professional.

**KEEP OUT OF REACH OF CHILDREN
REFRIGERATE AFTER OPENING**

Store in a cool, dry area.
Sealed with an imprinted safety



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