

NUTRITION INFORMATION

NUTRITION FACTS		
Serving Size: 1 softgel capsule		
No. of Servings per container/pack: 100		
Amount per Serving:		% RENI*
Calories 10 kcal Calories from Fat	9 kcal	**
Total Fat	1.0 g	1.5%
Saturated Fat	0.25 g	1.3%
Trans Fat	0 g	**
Cholesterol	0 mg	0.0%
Sodium	0 mg	0.0%
Total Carbohydrates	0 g	0.0%
Dietary Fiber	0 g	0.0%
Sugar	0 g	**
Total Protein	0.29 g	**
Evening Primrose Oil (10% gamma linolenic acid)	1,000 mg	**

- ** No specified RENI
- * Percent RENI values are based on FNRI reference adult requirement of 19-29 years old.

WHAT IS IN THE PRODUCT?

This product contains evening primrose oil derived from the seeds of Oenothera biennis L. commonly known as "Evening Primrose".

Evening primrose oil (EPO) contains the essential fatty acids linoleic acid (LA) and gamma-linolenic acid (GLA).

HOW MUCH AND HOW OFTEN SHOULD YOU USE THIS PRODUCT?

Adults: 1 capsule once a day, or as recommended by a doctor,

Ingredients: Evening primrose oil (active ingredient), gelatin (base), purified water (vehicle), concentrated glycerin (plasticizer), ethyl vanillin (flavoring agent)

HOW SHOULD YOU KEEP THIS PRODUCT?

Store at temperatures not exceeding 30°C

Keep the product out of reach and sight of children.

CARE THAT SHOULD BE TAKEN WHEN TAKING THIS PRODUCT

- Ask a doctor before use: - If you are pregnant or breastfeeding
- If you have epilepsy or a seizure disorder; or schizophrenia
 If you are taking medicines for mental disorder; or blood thinning medicines Do not use after the expiry date on the label.

WHEN SHOULD YOU CONSULT YOUR DOCTOR?

If any undesirable effect occurs.

PRECAUTION

For Adults Use only. Not recommended for children, pregnant and lactating women.

Manufactured by PHIL INTER PHARMA CO., LTD. No. 25, Street No. 8, VSIP, Thuan An District Binh Duong, Vietnam

Imported and Distributed by

UNILAB, Inc. No. 66 United Street, Mandaluyong City Metro Manila, Philippines



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