



# Evening Primrose Oil 1000 mg

*Quest Evening Primrose Oil 1,000 mg is a superior, high-quality evening primrose oil (EPO) supplement that supplies 10% gamma-linolenic acid (GLA). Some individuals convert linoleic acid (LA) to GLA very slowly or not at all, yet GLA is needed to make prostaglandins that regulate cell activity in the body, maintaining the health of all tissues and organs. EPO may have anti-inflammatory and antithrombotic activities.*



PRODUCT CODES: 338350 (120 softgels)  
338695 (240 Capsules)

## HEALTH SOLUTIONS:

RECOMMENDED USE	DOSAGE FORM	RECOMMENDATIONS
Source of essential fatty acids for the maintenance of good health.	Softgels	Adults take 2 softgels, one to three times daily.

## DESCRIPTION:

Each softgel of Quest Evening Primrose Oil 1,000 mg contains 1,000 mg of Evening Primrose (*Oenothera biennis*) seed oil, providing 739 mg of Linoleic acid, 92 mg of Gamma linoleic acid and 70 mg of Oleic acid. This product contains no artificial preservatives, colours, or flavours, or corn, dairy, egg, gluten, shellfish or sulfites.

**Recommended Daily Allowance:** N/A

**Food Sources:** N/A

**Causes of Deficiency:** Inability to convert LA to GLA efficiently.

**Symptoms of Deficiency:** Inflammation.

**Complementary Nutrients:** A healthy diet.

## HOW IT WORKS:

Evening primrose oil (EPO) is high in gamma-linolenic acid (GLA), which may suppress inflammation through its metabolism to dihomo-gamma-linolenic acid (DGLA), which, in turn, can competitively inhibit the pro-inflammatory 2-series prostaglandins and 4-series leukotrienes. The incorporation of GLA and its metabolites in cell membranes may also play a role in the possible anti-inflammatory, antithrombotic, antiatherogenic, and antiproliferative actions of EPO.



## DID YOU KNOW...

*Evening primrose oil has been used since the 1930's to treat eczema.*

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## RESEARCH:

Gamma-linolenic acid (GLA), supplied in the form of evening primrose oil, has been studied for many years for its possible effects in arthritis and other inflammatory processes. In a randomized double-blind placebo-controlled study of rheumatoid arthritis (RA) sufferers, those receiving 1.4 grams of GLA daily experienced significant relief. GLA reduced the number of tender joints 36% and the swollen joint count by 28%. Those on placebo experienced no significant improvement or declined in condition.

## SIDE EFFECTS:

No side effects expected at recommended dosage. Supplementation over 4,000 mg daily over the long term may induce thrombocytopenia in some individuals.

## INTERACTIONS AND SAFETY CONSIDERATIONS:

Do not use if you are taking blood-thinning medication, have a history of seizure disorder, or are being treated with drugs that lower seizure threshold. Do not use before any surgical procedure. Large dosages should be accompanied by extra vitamin E.

## OTHER CONSIDERATIONS:

Do not use if you are pregnant or breastfeeding. Keep out of reach of children.

## LABEL:

<p><b>QUEST</b> <b>OMÉGAS</b> <b>Huile d'onagre</b> 1 000 mg Pressée à froid</p> <p>NPN 80005438</p> <p>120 gélules</p> <p>Source d'acides gras essentiels oméga-6</p> <p>Sans colorants, arômes ou agents de conservation artificiels</p> <p><b>SUPÉRIEURE QUALITÉ ASSURÉE</b></p>	<p><b>Usage recommandé :</b> Une source d'acides gras essentiels pour le maintien d'une bonne santé.</p> <p><b>Dose recommandée (adultes) :</b> Prendre 2 gélules, un à trois fois par jour.</p> <p><b>Ingrédients médicinaux :</b> Chaque gélule contient : Huile de graine d'onagre (<i>Oenothera biennis</i>).....1 000 mg fournissant : Acide linoléique .....739 mg Acide gamma-linolénique ...92 mg Acide oléique .....70 mg</p> <p><b>Ingrédients non médicinaux :</b> vitamine E, gélatine.</p> <p><b>Ce produit ne contient aucun maïs, ingrédients laitiers, oeuf, gluten, crustacés, sulfites ou blé.</b></p> <p><b>RANGER DANS UN ENDROIT SEC ET FRAIS, TENIR HORS DE LA PORTÉE DES ENFANTS.</b></p>	<p><b>QUEST</b> <b>OMEGA</b> <b>Evening Primrose Oil</b> 1000 mg Cold-Pressed</p> <p>NPN 80005438</p> <p>120 softgels</p> <p>Source of omega-6 essential fatty acids</p> <p>No artificial colours, flavours or preservatives</p> <p><b>PREMIUM QUALITY ASSURED</b></p>	<p>DO NOT USE IF SEAL UNDER CAP IS BROKEN. NE PAS UTILISER SI LE BÉTAIL DE SÉCURITÉ SOUS LE CAPUCHON EST BRISÉ.</p> <p>www.questvitamins.com 1-877-426-2548</p> <p><b>QUEST</b> Sustine Inc. &amp; Gamma Coast Inc. ON 17 259</p> <p><b>A Proud Canadian Company</b> Une compagnie canadienne fière de faire.</p> <p>0 100000 00000 1 10</p> <p><b>FRC - 80%</b> UNE COULEUR DE FRAIS 2 2297 3</p>
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