

**STORE IN A COOL, DRY PLACE.**

**Recommendations:** As a dietary supplement, take 2 capsules, 1-2 times daily, with meals.

**Warning:** If you are pregnant or lactating, have any health condition or are taking any medication, consult your health professional before use.

**Keep out of the reach of children.**



Use only if safety seal is intact.

Contents may not fill package in order to accommodate required labelling. Please rely on stated quantity.

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## Black Currant Seed Oil

*Provides GLA for skin, musculoskeletal health, and prostaglandin production†*

Gluten-free, Non-GMO  
& Hypoallergenic

**Dietary Supplement**

**100 SOFTGEL CAPSULES**

### Supplement Facts

Serving size, 2 softgel capsules  
Servings per container, 50

	Amount Per Serving	%DV
Calories	10	
Total Fat	1 g	1% <sup>^</sup>
Vitamin E (as d-alpha-tocopherol)	13 mg	89%
Black currant ( <i>Ribes nigrum</i> ) oil (seed) providing:	1,000 mg	*
18:3 gamma linolenic acid (GLA)	140 mg	*

\* Daily value (DV) not established

<sup>^</sup> Percent daily values are based on a 2,000 calorie diet

Other ingredients: gelatin capsule (gelatin, glycerin, water)

**\*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.**

Manufactured for: **Pure Encapsulations**  
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code: **BL1**