

EPO

Evening Primrose Oil



Clinical Applications

- Maintains Normal Inflammatory Balance*
- Supports Cartilage and Joint Function*
- Supports Neuroendocrine and Cognitive Health*
- Supports Healthy Skin*

The seed oil of Evening Primrose (Oenothera biennis) provides gamma-linolenic acid (GLA), an essential omega-6 fatty acid. Cold-pressed without hexane or other solvents, these softgels contain 76 mg of biologically active GLA.

All Adaptogen Research Formulas Meet or Exceed cGMP Quality

Discussion

EPO Evening primrose oil has a high concentration of GLA, which supports the production of prostaglandin E1 (PGE1). Prostaglandins are important cellular messengers with a variety of strong physiologic effects, especially on the cardiovascular and immune systems. PGE1 is known to enhance vasodilation and support healthy blood circulation, maintain normal inflammatory balance and strengthen immune function. By making blood platelets slippery, allowing for better blood flow, PGE1 helps to support arterial and cardiovascular health. PGE 1 also helps in modulating cholesterol synthesis and maintaining normal blood pressure levels.

Inflammatory Balance

EPO plays a key role in maintaining normal inflammatory balance in various populations, including adults with blood sugar-related nerve complaints and women with hormonal imbalances.¹⁻³ The sterols in EPO have been found to maintain normal inflammatory balance by decreasing nitric oxide production, reducing tumor necrosis factor- α , interleukin 1 β and thromboxane B₂, as well as reducing eicosanoid release by inhibiting cyclooxygenase-2 expression.¹

Joint Health

Both in vitro and animal studies, including well-controlled, randomized clinical studies, suggest clinical benefit to EPO in supporting joint health.² Evidence from seven studies analyzed in a Cochrane review indicate that GLA from evening primrose oil reduces the intensity of joint discomfort and improves joint movement compared to placebo.³ A prospective 6-month, double-blind placebo controlled study of 19 patients receiving evening primrose oil (6 g/day), versus 21 subjects who received a placebo of olive oil, showed a significant reduction in morning stiffness at 3 months.⁴

Skin Health

In a meta-analysis of placebo-controlled studies on skin health, both patient and doctor scores showed a highly significant improvement in skin dryness, scaling and itching in patients given EPO.⁵ A randomized, double-blind, placebo-controlled study of healthy adults testing the effect of EPO (1,500 mg CLINICAL APPLICATIONS ESSENTIAL OILS These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease. twice a day for 12 weeks) on skin moisture, trans-epidermal water loss, redness, firmness, elasticity, fatigue resistance and roughness. In this study, it was found that at week 12, all measured variables, except skin redness, were significantly improved in the EPO group compared with placebo.⁶ EPO has also been shown to have a stabilizing effect on the stratum corneum barrier of the skin when applied topically as a watering-oil emulsion.⁷

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625 Barksdale Road, Suite 113
Newark, DE 19711

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Supplement Facts

Serving Size 1 Softgel
Servings Per Container 100

Amount Per Softgel	% Daily Value	
Calories	10	
Calories from Fat	10	
Total Fat	1 g	1%**
Polyunsaturated Fat	1 g	*
Evening Primrose Seed Oil (Cold-Pressed)	1,300 mg	*
Gamma-Linolenic acid (GLA)	76 mg	*
Linoleic acid	544 mg	*
Oleic acid	49.9 mg	*

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

*Daily Value not established.

Other ingredients: Gelatin, glycerin, and water.

Suggested Use

1 softgel, 1 to 2 times daily with food or as directed by a healthcare professional.

Caution

If you are pregnant, nursing, have a medical condition, or taking prescription drugs, consult your healthcare professional before using this product. Keep out of reach of children.



References

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4. Brzeski M1, Madhok R, Capell HA. Evening primrose oil in patients with rheumatoid arthritis and side-effects of non-steroidal anti-inflammatory drugs. *Br J Rheumatol*. 1991 Oct;30(5):370-2.
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6. Muggli R. Systemic evening primrose oil improves the biophysical skin parameters of healthy adults. *Int J Cosmet Sci*. 2005 Aug;27(4):243-9.
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