



# Black Currant Seed Oil

INTRODUCED 1992

## What Is It?

Black currant seed oil contains gamma linolenic acid (GLA), a fatty acid that has multiple physiological roles, including support for joint health, immune function and premenstrual comfort.\*

## Uses For Black Currant Seed Oil

**Joint Comfort:** Studies have shown that GLA promotes healthy prostaglandin (PGE1) production. Researchers at the University of Massachusetts Medical School reported that GLA helps support healthy cytokine activity, a mechanism that may help to support joint comfort. Furthermore, a randomized, double-blind, placebo-controlled trial reported statistically significant support of joint health in subjects supplementing with GLA.\*

**Immune Function:** A randomized, double-blind, placebo controlled trial performed at the Jean Mayer USDA Human Nutrition Research Center on Aging reported that black currant seed oil supplementation provided immune support in elderly subjects, mainly by supporting prostaglandin (PGE2) production and T-lymphocyte function.\*

**Premenstrual Comfort:** Preliminary evidence suggests GLA may support healthy estrogen balance. Black currant seed oil has also been shown to potentially support premenstrual comfort.\*

## What Is The Source?

Black currant oil is derived from *Ribes nigrum* seed. Vitamin E (d-alpha tocopherol) is derived from highly refined soybean oil.

## Recommendations

Pure Encapsulations recommends 2-4 capsules per day, in divided doses, with meals.

## Are There Any Potential Side Effects Or Precautions?

If pregnant or lactating, consult your physician before taking this product. Rarely, black currant seed oil has been associated with GI upset or diarrhea. Consult your physician for more information.

## Are There Any Potential Drug Interactions?

Black currant seed oil may be contra-indicated with blood thinning medications. Individuals on anti-hypertensive medications may require blood pressure monitoring. Consult your physician for more information.

### Black Current Seed Oil

each softgel capsule contains	12 sg
calories .....	5
calories from fat .....	5
total fat.....	0.5 g
black currant seed oil .....	500 mg
providing:	
18:3 gamma linolenic (GLA).....	70 mg
vitamin E (d-alpha-tocopherol).....	10 i.u.
other ingredients: gelatin capsule	
<b>2-4 capsules per day, in divided doses, with meals.</b>	

\*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

For educational purposes only. Consult your physician for any health problems.