Recommended Dose: Take 2 capsules 2 times daily or as recommended by your health professional. Warning: If you are pregnant or lactating, have any health condition or are taking any medication, consult your health professional before use. Use only if safety seal is intact. Store in a cool, dry place. Keep out of the reach of children.

[‡]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.



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

> v 415-90U Pittsburgh, PA 15275

Manufactured for Seroyal USA



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GLA 90 Black Currant Oil

Dietary Supplement Promotes skin health

90 SOFTGEL CAPSULES

Supplement Facts Serving Size 2 Capsules

Servings per Container 45

	Amount Per Serving	% DV
Calories	10	
Total Fat	1g	1% ^
Black Currant (Ribes nigrum) Seed Oil	1,000 mg	*
Yielding		
GLA (Gamma-Linolenic Acid)	170 mg	*
ALA (Alpha-Linolenic Acid)	130 mg	*
LA (Linoleic Acid)	430 mg	*
OA (Oleic Acid)	90 mg	*
SDA (Stearidonic Acid)	24 mg	*

^ Percent daily values (DV) are based on a 2.000 calorie diet

Other ingredients: Gelatin, glycerin, purified water