



## Evening Primrose Oil

Stock #1787-7 (90 capsules)

Evening primrose oil contains a rich supply of essential fatty acids (EFAs). Evening primrose oil has been shown to lower blood pressure, reduce platelet aggregation, and relieve symptoms of premenstrual syndrome (PMS). Evening primrose oil is also used for asthma, arthritis, dry/brittle hair, multiple sclerosis and inflammatory skin conditions.

Evening primrose oil owes much of its beneficial action to the presence of gamma-linolenic acid (GLA), the most active omega-6 fatty acid. GLA acts as a precursor to the prostaglandin, PGE<sub>1</sub>, which aids immune function, reduces inflammatory conditions, protects against heart and vascular disease, regulates brain function and nerve impulses, balances the action of insulin, and increases metabolism in those with obesity.

Essential fatty acids (EFAs), those not produced by the body and which must be supplied in the diet, are necessary for the production and balance of prostaglandins—hormone-like substances that regulate all body systems and functions. EFAs also construct cell membranes, helping to protect cells from invaders such as allergens, bacteria, viruses and circulating toxins. A deficiency in EFAs can cause tremendous havoc on the body and can lead to a number of chronic disorders such as allergies, arthritis, cancer, heart disease and various immunological diseases.

EFA supplementation has been shown to improve arteriosclerosis, help prevent arthritis, reduce blood pressure and blood clot formation, regulate body temperature, slow the growth of breast cancer, lower cholesterol and triglyceride levels, produce energy, build nerve sheaths, and improve eczema and psoriasis. EFAs are used in the treatment of alcoholism, asthma, candidiasis, glaucoma, hair/skin problems, hangovers, headaches, hyperactivity in children, inflammatory conditions, intermittent claudication, multiple sclerosis, obesity, painful menstruation and PMS.

Essential fatty acids are found in high amounts in the brain where they assist in the transmission of nerve impulses. EFAs are necessary for normal brain function. Japanese researchers have verified that a deficiency of EFAs can result in an impaired ability to learn and recall information.

GLA supplementation in diabetics has been proven to enhance nerve function and prevent diabetic nerve disease. GLA-rich oils may be helpful for treating hyperactivity and schizophrenia.

GLA has been shown to increase metabolism and the rate at which fat is burned, making it highly effective for weight reduction. The *IRCS Journal of Medical Science* published a remarkable study, in which 50% of obese persons (those more than 10% overweight) taking evening primrose oil daily experienced less hunger and lost weight without dieting, after only 6 to 8 weeks. Furthermore, the higher the dosage of primrose oil, the more weight was lost.

GLA can lower cholesterol and excessive blood clotting, and has been used to provide relief to sufferers of angina, intermittent claudication, and other circulatory problems. GLA also acts as an anti-inflammatory, aiding joint pain, multiple sclerosis and various inflammatory skin conditions, including eczema.

Several studies published in the *Journal of Reproductive Medicine* confirm the use of evening primrose oil for decreasing PMS symptoms, including depression and irritability. Scientists surmise that a deficiency of GLA may trigger over-sensitivity to the hormone, prolactin, which can lead to many PMS-related problems. Welsh researchers, who have studied the effects of evening primrose oil for almost 20 years, suggest supplementation as a first choice for alleviating the pain of fibrocystic breast disease.

Research studies have found that individuals having insufficient amounts of GLA are more likely to acquire communicable diseases, as GLA helps protect and support the immune system.

According to a 1982 study published in the *S. A. Medical Journal*, evening primrose oil greatly inhibits cancer growth without affecting healthy cells. Another study, published the same year, found that 2 different types of esophageal cancer cells, treated with GLA, died after 7 days. Additional studies published in *Medical Hypotheses* corroborate initial research. Results from a promising animal study published in the *Journal of Nutrition, Growth and Cancer* documented the effects of evening primrose oil for inhibiting the growth of breast cancer in laboratory rats. Still other studies show malignant liver cells return to their normal form when GLA is combined with the cell culture.

The best whole-food source of GLA, other than human milk, is spirulina. GLA-rich oils are extracted from the seeds of black currant and evening primrose.

Do not take Evening Primrose Oil if suffering from epilepsy.