

BORAGE SEED OIL

What is BORAGE SEED OIL?

The Borage plant yields brilliant blue flowers. The leaves are used for medicinal teas while the flowers produce seed pods containing oil. Borage Oil provides the richest source of gamma linolenic acid (GLA), an omega-6 class of essential fatty acids (EFAs). GLA has an important role in the first step the body plays in converting omega 6 into series one prostaglandin (PG1). PG1's keep the blood moving smoothly through the body. EFAs, omega 3 and omega 6, are not manufactured by the body and must be acquired from diet of which the typical diet provides very little. Borage Oil also contains other nutritional lipids and active phytochemicals. These constituents are significant immune system and cell builders. *

What are the benefits?

EFAs are necessary for optimal health, maintaining cell structure and producing energy. GLA improves circulation and hormone balance. Research has shown Borage Oil to be beneficial for symptoms of PMS, such as breast tenderness, bloating, fluid retention, moodiness and irritability. It reduces dryness, itchy skin, high cholesterol and blood pressure; it is effective in treating cardiovascular disorders, pain and inflammation of arthritis and joint stiffness, diabetic neuropathy, symptoms of chronic and post viral fatigue syndrome, including dizziness, poor concentration and depression. GLA also inhibits the enzyme 5-alpha reductase which is responsible for converting healthy testosterone into the bad form of testosterone known as dihydrotestosterone (DHT). DHT is thought to be responsible for benign prostrate hyperplasia (inflammation of the prostate) and male pattern baldness. *

Supplement Recommendation:

Look for a product that has been naturally extracted and grown or ethically wild crafted without the use of chemical fertilizers, pesticides or preservatives; preferably in a vegetarian capsule. Be sure it is cold pressed according to European methods (under 98°) and contains a minimum of 22% GLA; without fillers, binders or common allergens.

- **Alleviates symptoms of premenstrual syndrome and BPH***
- **Beneficial for inflammation-related ailments***
- **Nourishes skin, hair and nails and promotes proper nerve functioning***
- **Helps to regulate proper cholesterol levels***
- **Helps eliminate eczema, psoriasis, dandruff and hair loss***
- **Strengthens adrenal glands, improves circulation and hormone balance***
- **Helps to maintain joint flexibility***

Supporting Research:

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* This information has not been evaluated by the FDA. It is not intended to diagnose, treat, cure or prevent any disease.