

# BLACK CURRANT SEED OIL

- **Black Currant Seed Oil is a dietary supplement to support skin health and premenstrual functional needs.\***
- **Black Currant Seed Oil** is a rich source of the essential fatty acid GLA from Black Currant Seed Oil.
- **About Essential Fatty Acids:**  
Essential fatty acids (EFAs) are polyunsaturated fats that the body cannot manufacture and must be obtained from foods. They provide energy, regulate body temperature and metabolism, protect tissues and insulate nerves.\* Omega 6 EFAs like GLA are made from Linoleic Acid (LA). The body uses Omega 6 fatty acids to produce the PGE1 series of prostaglandins, which support immune system function and skin health.\*
- **About Prostaglandins**  
Prostaglandins are derivatives of fatty acids that are produced in most tissues of the body and have varying physiologic actions. They regulate many of the body's functions, such as the immune response, inflammatory pathways, blood pressure and platelet aggregation.\* Prostaglandins 1 and 3 (PGE1 and PGE3) are produced to maintain optimal cellular functions.\* When inflammation is present, the body's levels of PGE1 and 3 are reduced and the levels of prostaglandin E2's are increased.\* Prostaglandin E2's are pro-inflammatory prostaglandins.\*  
  
Aging, stress, diabetes, degenerative diseases like arthritis, certain drugs including corticosteroids, nutritional deficiencies and the inability to convert parent fatty acids, have all been associated with low levels of prostaglandins.\*
- **PMS**  
Because prostaglandins regulate the menstrual cycle, Black Currant Seed Oil is helpful for women before and during menstruation.\* Gamma-linolenic acid (GLA) produces beneficial prostaglandins thus supporting pre-menstrual comfort.\* Gamma-linolenic acid has also been shown to support those with symptoms of low mood states and breast tenderness associated with PMS.\* Menopausal women have also found Black Currant Seed Oil to be helpful.\*

- **Skin Health**  
The beneficial properties of Black Currant Seed Oil are also effective against skin irritations when taken orally.\* Black currant seed oil has been shown to help with dry skin concerns, as the gamma-linolenic acid protects against the water loss that contributes to itching and other symptoms associated with dry skin.\*

**Suggested Use:** As a dietary supplement, take 2 softgels, one-half hour before each meal, or as directed by your healthcare practitioner.

## Supplement Facts

Serving Size 2 Softgels  
Servings Per Container 45 or 90

Amount Per Serving	% Daily Value
Calories 10	
Total Fat 1 g	1%†
Black Currant Seed Oil 1,000 mg	*
yielding Gamma Linolenic Acid 140 mg	

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

\*Daily Value not established.

Other ingredients: gelatin, glycerin, purified water.

**Warning:** If pregnant or nursing, consult your healthcare practitioner before taking this product.

GLUTEN FREE

\*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.

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