

GLA

Gamma-linolenic acid from borage oil

GLA (gamma-linolenic acid) is the functional ingredient found in the oil of borage seeds, evening primrose, and black currant seeds. It is a fatty acid in the omega-6 category, but unlike the omega-6-heavy oils (such as corn, soy and cottonseed oils) that predominate in processed foods, GLA from borage oil has powerful health-promoting effects, as it helps support a healthy inflammatory response and female hormonal balance, and also contributes to lustrous, healthy skin and nails.*

GLA helps support*:

- Smooth, healthy skin
- A healthy lipid profile
- Female hormone balance
- A healthy inflammatory response

Maintaining a healthy balance of omega-3 and omega-6 fats in the body is important for a host of biochemical processes. Owing to changes in the modern food supply and industrial farming practices, the modern diet is very high in omega-6 and low in omega-3. However, omega-6 fats, in and of themselves, are not harmful. In fact, the “parent” omega-6 fat, linoleic acid, is an essential fatty acid, meaning that we must consume it from our diet because the human body cannot synthesize it internally. It’s not the omega-6, per se, but rather that we are typically consuming too much of it, especially in relation to a deficit of omega-3. Even so, there are specialized types of omega-6 fats that have specific benefits. GLA is one of them.

GLA is a precursor to dihomo-gamma-linolenic acid (DGLA), which is a building block for compounds that help support a healthy inflammatory response. We typically think of omega-3s as possessing this role and omega-6s as contributing to occasional inflammation, but as with most issues in health and nutrition, the truth is a bit more complex. Both omega-3s and omega-6s can contribute to or help resolve the inflammatory response, depending on the overall metabolic state of the body.

Linoleic acid is a precursor to GLA, but several things can interfere with the body’s ability to make this conversion efficiently, such as insufficiencies of vitamin B6 and biotin, which are required cofactors for the enzymes involved. Suboptimal thyroid function and elevated insulin or blood glucose may also impair this conversion, so some individuals may benefit from getting this special fatty acid directly rather than depending on unpredictable and inefficient metabolic pathways. The amount of GLA provided by each softgel of this product would be difficult to get from food sources alone and may be greater than some individuals are capable of synthesizing from linoleic acid.

Recommended Use: As a dietary supplement, take one softgel per day with a meal, or as directed by your health care practitioner.



Consult with your healthcare practitioner about your specific circumstances and any questions you may have.

*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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