



**Range Products**

6/138 Radium Street  
Welshpool WA 6106

Telephone: 08 9358 4448  
Facsimile: 08 9358 4449  
Email: sales@rangeproducts.com.au

---

## Evening Primrose Oil

Evening Primrose Oil (EPO) is extracted from the seeds of the Onagraceae family of plants which are native to North and South America. In most species the flowers are yellow and open in the evening hence the name "Evening Primrose Oil". Its health benefits have been known for centuries.

The mature seeds contain approximately 7-10% gamma-linolenic acid, a rare essential fatty acid. Evening primrose oil also supplies another fatty acid, known as gamma-linolenic acid (GLA), which is an Omega 6 essential fatty acid.

### EVENING PRIMROSE OIL HEALTH BENEFITS

May help in the treatment of the skin conditions of Eczema, Scale-like dry skin (ichthyosis vulgaris), Skin irritation (atopic dermatitis in children and adults)

The body becomes depleted of GLA as we age, and also as we consume excessive amounts of trans-fatty acids, saturated fats and food additives. Supplementing with GLA can help restore the youthfulness of skin and hair as well as help improve general well-being.

Today, millions of women use the healing powers of evening primrose oil, which contains 8-10% GLA, to help counteract the effects of premenstrual syndrome. Research has shown that evening primrose oil may help alleviate breast pain, bloating, depression, and cramps for women suffering from PMS. There have been many instances where women have seen these symptoms lessen or disappear altogether after they started supplementation with evening primrose oil.

### EVENING PRIMROSE OIL USAGE

It is reported that the maximum dose should not be greater than 0.5 grams per kilogram of body weight daily. Individuals with allergy or adverse reactions to plants in the Onagraceae family, gamma-linolenic acid, or other ingredients in evening primrose oil should avoid its use.