



NUROSE - Evening Primrose Oil 500mg Softgel

INDICATED CLAIMS

- Source of Essential Fatty Acids for the Maintenance of good health.

GENERAL INFORMATION

Evening primrose oil (EPO) is derived from the seeds of the evening primrose plant also known as *Oenothera biennis*. The evening primrose is native to North America, where it is regarded as a weed. This biennial plant is thought to be a complex of several closely related species belonging to the *Onagraceae* family.

EPO is a rich source of the long-chain fatty acid gammalinolenic acid (GLA). The health benefits of EPO are attributed to GLA. GLA is an unusual constituent of living matter and is found in very few plants. These include, in addition to evening primrose, black currant, borage and hemp. GLA content in EPO ranges from approximately 7 to 14%. Typical EPO supplements contain about 9% GLA.

EPO may have anti-inflammatory and antithrombotic activities

PHARMACOKINETICS

GLA-laden triglycerides in EPO are absorbed from the small intestine aided by bile salts. During this process, there is some deacylation of the fatty acids of the triglycerides, Reacylation takes place within the mucosal cells of the small intestine, and the GLA-laden triglycerides enter into the lymphatics in the form of chylomicrons. GLA-laden chylomicrons are transported from the lymphatics into the blood where GLA is carried in lipid particles to the various tissues of the body.

GLA is metabolized to the 20-carbon polyunsaturated fatty acid dihomo-gamma-linoleic acid (DGLA), which is converted to prostaglandin EI (PGE₁). It may also be metabolized to eicosapentaenoic acid (EPA). GLA and DGLA are normally not found as free fatty acids in

For Accidental Overdose (such as child ingesting formula)

Please dial your Local Emergency number or visit your nearest Health Care professional

For Professional Use Only

The information on the product monographs here has been compiled from many sources.

The content is for reference only and is to be used at your professional discretion



cells. They occur mainly in cell membranes as components of phospholipids, neutral lipids and cholesterol esters. PGE₁ is metabolized to smaller prostaglandin remnants, which are primarily polar dicarboxylic acids, most of which are excreted in the urine

NuRose (Evening primrose oil -500mg) formulated from evening primrose seed oil to Maintenance of good health

NUROSE - Evening Primrose Oil 500mg Softgel

Product information

Available as 90 softgels

Each softgel contains:

Evening primrose oil– 500mg

Non-medicinal ingredients: gelatin, glycerin and purified water.

Directions for use: adult: take 2 softgels 3 times a day or as directed by a health care practitioner.

Benefits

- Useful for the maintenance of healthy skin
- Effective relief of PMS (Premenstrual Syndrome) symptoms.

CONTRAINDICATIONS

Known hypersensitivity to an EPO-containing product.

PRECAUTIONS

Pregnant women and nursing mothers should avoid EPO supplements. Those with a history of partial complex seizure disorders, such as temporal lobe epilepsy, should avoid using EPO. Likewise, those with other types of seizure disorders and schizophrenics who are being treated with certain neuroleptic drugs, such as aliphatic phenothiazines (e.g., chlorpromazine), which may lower seizure threshold, should avoid using EPO. Because of possible antithrombotic activity of EPO, those with hemophilia or other hemorrhagic diatheses and those taking warfarin should exercise caution in the use of this supplement.

EPO supplementation should be halted before any surgical procedure. Because of its possible

For Accidental Overdose (such as child ingesting formula)

Please dial your Local Emergency number or visit your nearest Health Care professional

For Professional Use Only

The information on the product monographs here has been compiled from many sources.

The content is for reference only and is to be used at your professional discretion



inhibition of lymphocyte function, those with immune deficiency disorders, such as AIDS, should exercise caution in the use of EPO.

ADVERSE REACTIONS

EPO may cause gastrointestinal symptoms like nausea, vomiting, flatulence, diarrhea and bloating. Headaches have also been reported in those taking EPO. It may precipitate symptoms of undiagnosed complex partial seizures and should be used, if at all, with extreme caution in those with a history of seizure disorder or those taking drugs that lower the seizure threshold, such as aliphatic phenothiazines.

INTERACTIONS

DRUGS

Use of EPO in schizophrenics who are being treated with certain neuroleptic agents which lower seizure threshold e.g., aliphatic phenothiazines, such as chlorpromazine, may cause partial complex seizures (e.g., temporal lobe epilepsy), as well as other types of seizures. Interactions may occur between EPO and warfarin, aspirin and NSAIDs. Such interactions, if they were to occur, might be manifested by nosebleeds, increased susceptibility to bruising and hematuria. If these symptoms occur, EPO intake should be stopped.

NUTRITIONAL SUPPLEMENTS

Interactions may occur if EPO is used with supplements that have antithrombotic activity, such as fish oils. This may be manifested by nosebleeds and increased susceptibility to bruising.

HERBS

Interactions may occur if EPO is used with such herbs as garlic (*Alliumsaliva*) and ginkgo (*Ginkgo biloba*). Such interactions may be manifested by nosebleeds and easy bruising.

For Accidental Overdose (such as child ingesting formula)

Please dial your Local Emergency number or visit your nearest Health Care professional

For Professional Use Only

The information on the product monographs here has been compiled from many sources.

The content is for reference only and is to be used at your professional discretion