

Evening Primrose Oil + Vitamin E (275 pearls)

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Ideal for relieving symptoms of premenstrual syndrome (pain, bloating, mastalgia, etc.). Vitamin E contributes to the protection of cells against oxidative damage.

DESCRIPTION

Food supplement with evening primrose oil and rich in vitamin E and polyunsaturated fatty acids. Vitamin E contributes to the protection of cells against oxidative damage.

This plant, native to North America and also found in Europe, produces seeds that contain 25% oil, whose most valuable quality is its richness in linoleic acid and also, in lesser quantities, in linolenic acid. These are the fatty acids from which the body forms arachidonic acid, which in turn is the precursor of prostacyclins that make blood compatible with the endothelium of the arteries.

These polyunsaturated acids are also necessary in the composition of cell membranes to which they provide elasticity.

Instructions for use:

Take 2 pearls a day, preferably in the morning.

Average contents per daily dose of 2 pearls (1.4 g): Evening primrose oil 1000 mg, vitamin E 20 mg α -TE (167% NRV*)

Ingredients:

Evening primrose seed oil (*Oenothera biennis*), gelatin, humectant (glycerin), D-alpha-tocopherol (vitamin E).

