

## Evening Primrose Oil Sea Vit Oil 500 mg 60 Capsules

EAN: 8410885070142    FABRICANTE: MARNYS



Pure evening primrose oil in capsules. The adult woman's ally.

### DESCRIPTION

**Mar-Vitoil** contains **pure evening primrose oil** extracted from the seeds of *Oenothera biennis* by cold pressing, providing a minimum content of **10% gamma-linolenic acid (GLA)** and 68% linoleic acid, and natural vitamin E.

**Gamma-linolenic acid (GLA)** is an **Omega 6 series fatty acid**, produced by the **essential fatty acid linoleic acid**. GLA is rapidly incorporated into cell membranes in the form of phospholipids, participating in the formation of prostaglandins and metabolic pathways.

### What is the method of use of Mar-vitoil de Onagra?

Take 1-2 capsules a day, preferably before meals.

### What are the ingredients of Mar-vitoil de Onagra?

Evening Primrose Oil ( *Oenothera biennis* ) and Vitamin E.

**Capsule composition** : gelatin, glycerin and water.

ACTIVE INGREDIENTS	MAR-VITOIL per capsule	MAR-VITOIL PLUS per capsule	%VRN
Evening Primrose Oil*	500 mg	1050 mg	?
Natural Vitamin E (d-?-tocopherol)	10mg	10mg	83

\* Oil obtained from *Oenothera biennis* seeds by cold pressing.  
%NRV (nutrient reference value)

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**Mar-Vitoil** is the ally for the **general well-being of contemporary adult women** .

**Mar-Vitoil** contains **pure evening primrose oil** extracted from the seeds of *Oenothera biennis* by cold pressing, providing a minimum content of **10% gamma-linolenic acid (GLA)** and 68% linoleic acid, and natural vitamin E.

**Gamma-linolenic acid (GLA)** is a fatty acid of the **Omega 6 series**, produced by the **essential fatty acid linoleic acid**. GLA is rapidly incorporated into cell membranes in the form of phospholipids, participating in the formation of prostaglandins and metabolic pathways.

### Properties of Mar-Vitoil ingredients

#### Evening Primrose Oil

The **fatty acid** content of Evening Primrose Oil (including **Omega 6 GLA** ) provides elements for the structure of different tissues, in addition to its role in some metabolic pathways.

Evening Primrose Oil also contributes to the maintenance of normal **skin** (EFSA ON HOLD 695,1550).

#### Natural vitamin E

Vitamin E contributes to cellular protection from oxidative stress (EFSA). The vitamin E contained in **Mar-Vitoil** is natural (d-?-tocopherol).

### Who is Mar-Vitoil recommended for?

**Mar-Vitoil** is an excellent supplement for those women who want **metabolic well-being** , as well as obtain antioxidant protection.

### What are the advantages of Mar-Vitoil?

In the **Mar-Vitoil formulation**, Evening Primrose Oil is extracted by cold mechanical pressure. It is not

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subjected to high temperatures, nor are organic solvents used.

### What is evening primrose and what is its use?

**Evening primrose** ( *Oenothera biennis* ) is a plant native to North America. Traditionally, it is used externally for the **skin** and internally for the **respiratory, osteoarticular** area and in the **female menstrual cycle**.

### Properties of evening primrose oil

**Evening Primrose Oil** has been the subject of hundreds of scientific studies, which has led it to become **one of the most used botanical formulations today** , and **contains Omega-6 fatty acids**, mainly gamma-linolenic acid and linoleic acid, both main components of the tissues of the nervous system and blood vessels.

**Gamma-linolenic acid (GLA)** is a fatty acid of the Omega 6 series, produced by the essential fatty acid linoleic acid. GLA is rapidly incorporated into cell membranes in the form of phospholipids, participating in the formation of prostaglandins and metabolic pathways.

### Advantages of evening primrose oil for women

**Evening primrose oil** has proven to be useful in clinical studies that assess:

- The **maintenance of normal skin**, since the contribution of fatty acids favors the lipid structure in the skin, especially the skin barrier.
- Due to the contribution of **fatty acids from Evening Primrose oil**, it can favor those metabolic routes where the production of **prostaglandins is involved**, which participate in the comprehensive **metabolic well-being** of adult women.

### Is Mar-Vitoil suitable for vegans and vegetarians?

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**Mar-Vitoil** is not suitable for vegans.

### Is Mar-Vitoil suitable for people intolerant or sensitive to gluten?

Yes, **Mar-Vitoil** is suitable for celiacs or people intolerant or sensitive to gluten.

### How many capsules of Mar-Vitoil evening primrose oil should I take per day?

The recommendation on how to take **Mar-Vitoil** is detailed in the 'instructions for use' section above. The recommendation is to take 1 or 2 capsules a day, preferably before meals. The number of capsules to ingest daily is associated with the requirements regarding the woman's condition.

### Can I take Mar-Vitoil together with other food supplements, vitamins or minerals?

Yes, **Mar-Vitoil** can be taken at the same time as other dietary supplements, vitamins and minerals. If you have any questions, consult your pharmacist.

### How long can I take Mar-Vitoil evening primrose oil?

The general recommendation is to ingest **Mar-Vitoil** for a quarter and assess the results, and then continue intake if necessary.

