NATURAL SOLUTIONS
Clinical Kinesiology, Acupuncture, & (w)Holistic Healthcare
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Black Currant Seed Oil



Introduced in: 1986
Content: 60 Perles
Vegetarian Product

Supplement Facts:
Serving Size: 1 perle
Servings per Container: 60

		%DV
Calories	2	
Black Currant (Seed) Oil	320 mg	
Gamma-Linolenic Acid	47 mg	

Other Ingredients: Gelatin, glycerin, water, and carob.

Suggested Use: One perle per meal, or as directed.

Sold through health care professionals.

Black Currant Seed Oil Provides a Rich, Naturally Occurring Source of Gamma-Linolenic Acid (GLA), an Important Essential Fatty Acid (EFA)

Essential fatty acids (EFAs) cannot be made by the body so they must be obtained through the diet. They are needed for regulating cellular processes, such as regulation of enzymes, cell signaling pathways, gene expression, and oxidation of fats to name a few. They also influence membrane function and integrity, produce hormones, and are especially important for making prostaglandins. Gamma-linolenic acid (GLA) is a derivative of the EFA linoleic acid (LA). The body converts LA into GLA via the D-6-D enzyme. This enzyme can be impaired, which may lead to GLA deficiency. GLA is necessary to produce eicosanoids. Eicosanoids are signaling molecules—prostaglandins, thromboxanes, leukotrines—that are involved in the body's natural process of regulating the inflammatory response. Supplementing with GLA-rich foods, like black currant seed oil, directly provides the body with GLA to support healthy anti-inflammatory functions.†

How Black Currant Seed Oil Keeps You Healthy

Keeps your heart healthy
The fatty acids contained in black currant seed oil may promote arterial health by maintaining healthy lipid levels. Both the GLA and stearic acid found in black currant seed oil promote normal clotting times to support healthy blood flow.†

Supports healthy joints and bones
GLA supports healthy joints by supporting a healthy natural anti-inflammatory response function. GLA is a precursor to an eicosanoid called PGE1, a prostaglandin that regulates the inflammatory response function. Studies have also shown that prostaglandins are involved with the regulation of bone metabolism. EFAs, in particular gamma-linolenic acid (GLA) and eicosapentaenoic acid (EPA), have been shown to enhance calcium absorption in bone. EPA is an essential fatty acid derivative of alpha-linolenic acid (ALA) which is another EFA present in black currant seed oil.†

Maintains normal nerve functioning
Current research suggests that maintaining adequate stores of GLA in the body promotes normal transmission of nerve impulses. Fatty acids are also necessary for normal development and brain function.†

Promotes women's health
Fatty acid deficiency, specifically GLA deficiency, has been associated with premenstrual syndrome. The prostaglandin PGE1, the prostaglandin that is produced from GLA, regulates natural inflammatory responses to support healthy premenstrual function.†

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How Black Currant Seed Oil Keeps You Healthy (continued)

Supports healthy skin

GLA maintains a healthy level of moisture in the skin thereby supporting its water-loss barrier function. Low levels of GLA have been linked to dry skin in both animals and humans, which may be due to lack of support for the D-6-D enzyme system.†

Promotes healthy immune response

PGE1 works to maintain healthy T-cell activity in the body when foreign substances enter the body and attempt to invade healthy cells.†

Supports normal tear production

Essential fatty acid supplementation supports normal tear production.†

What Makes Black Currant Seed Oil Unique

Product Attributes

Each perle supplies 320 mg black currant seed oil and 47 mg of naturally occurring gamma-linolenic acid (GLA)

- Standard Process has the highest quality black currant seed oil, delivering the maximum amount of GLA available in this form
- GLA supports and maintains healthy immune function to help the body meet the challenges of everyday living†

Manufacturing and Quality Control Processes

Not disassociated into isolated components

- The nutrients in Black Currant Seed Oil are processed to remain intact, complete nutritional compounds

Degreed microbiologists and chemists in our on-site laboratories continually conduct bacterial and analytical tests on raw materials, product batches, and finished products

- Ensures consistent quality and safety

Vitamin and mineral analyses validate product content and specifications

- Assures high-quality essential nutrients are delivered

Whole Food Philosophy

Our founder, Dr. Royal Lee challenged common scientific beliefs by choosing a holistic approach of providing nutrients through whole foods. His goal was to provide nutrients as they are found in nature–in a whole food state where he believed their natural potency and efficacy would be realized. Dr. Lee believed that when nutrients remain intact and are not split from their natural associated synergists–known and unknown–bioactivity is markedly enhanced over isolated nutrients. Following this philosophy, even a small amount of a whole food concentrate will offer enhanced nutritional support, compared to an isolated or fractionated vitamin. Therefore, one should examine the source of nutrients rather than looking at the quantities of individual nutrients on product labels.

Studies on nutrients generally use large doses and these studies, some of which are cited below, are the basis for much of the information we provide you in this publication about whole food ingredients. *See the supplement facts for Black Currant Seed Oil.*

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†These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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