Black Currant Seed Oil

Provides a Rich, Naturally Occurring Source of Gamma-Linolenic Acid, an Important Essential Fatty Acid

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. EFAs 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 delta-6 desaturase (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, leukotrienes—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 in 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. Prostaglandin E₁ (PGE₁), the prostaglandin that is produced from GLA, regulates natural inflammatory responses to support healthy premenstrual function.†

Please copy for your patients.

*This product contains less than 10 parts per million of gluten per serving size or less than 20 parts per million per the suggested use listed on each product label.
††These statements have not been evaluated by the Food & Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

800-558-8740 | standardprocess.com
Black Currant Seed Oil

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.¹

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.¹

Supports normal tear production
Essential fatty acid supplementation supports normal tear production.³

What Makes Black Currant Seed Oil Unique

Product Attributes
Each perle supplies 320 mg black currant seed oil and 47 mg of naturally occurring 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 living⁴

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

References
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.