

Prim Royal

Cardiovascular Health

DESCRIPTION

Prim Royal softgel capsules from Douglas Laboratories contain 500 mg of oil of the evening primrose herb (*Oenothera biennis*), providing 40 mg of the nutritionally important gamma linolenic acid (GLA) and 350 mg of the essential fatty acid, linoleic acid.

FUNCTIONS

Diets in developed countries are often rich in animal products which deliver large amounts of saturated fatty acids and the polyunsaturated arachidonic acid (20:4 omega-6). Intakes of the essential linoleic acid (18:2 omega-6) can be low in people who do not regularly consume vegetable oils in their diets.

Arachidonic acid is a precursor for pro-inflammatory immune mediators, the 2-series prostaglandins, e.g. prostaglandin E₂, the leukocyte chemotactic metabolite, leukotriene B₄, and platelet aggregating thromboxane A₂. Thromboxane A₂ has been implicated in the pathogenesis of coronary vascular disease, as it is not only a potent platelet aggregator, but also an effective vasoconstrictor.

Although gamma-linolenic acid (18:3 omega-6) is a precursor of arachidonic acid, higher levels of dietary GLA actually compete with arachidonic acid, and may help downregulate the formation of excessive levels of proinflammatory 2-series prostaglandins and other immune mediators.

Dietary supplementation with GLA has been suggested to be clinically effective in reducing the signs and symptoms of immune dysfunction, e.g. rheumatoid arthritis and lupus erythematosus. It has also been clinically associated with improvement of behavioral and physical problems, including premenstrual syndrome, learning disability, mental disturbance, weakness, poor coordination, and vision impairment.

Recent studies suggest that dietary GLA can prevent the deficit on sciatic nerve conduction velocity (NCV) induced by diabetes. Although dietary GLA

supplementation did not significantly influence the fatty acid composition of nerve membrane phospholipids, it was suggested that GLA's effect was due to its modulation of levels of vasodilatory prostaglandins.

Evening primrose oil is recognized as an excellent source of both GLA as well as the essential linoleic acid. Therefore, regular supplementation with evening primrose oil may be beneficial for people consuming diets high in animal foods and low in unprocessed vegetable oils.

INDICATIONS

Prim Royal softgels may be a useful dietary supplement for those who wish to increase their intake of gamma linolenic acid and linoleic acid.

FORMULA (#7044)

Each Softgel Capsule Contains:

Oil of Evening Primrose 500 mg

Supplying the Following Essential
Fatty Acids:

Gamma Linolenic Acid..... 40 mg

Linoleic Acid 350 mg

SUGGESTED USE

Adults take 3 to 6 softgels daily or as directed by physician.

SIDE EFFECTS

No adverse effects have been reported.

HOW SUPPLIED

Supplied in bottles of 60 and 180 capsules.

STORAGE

Store in a cool, dry place, away from direct light.
Keep out of reach of children.

(continued on reverse)

REFERENCES

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

**Manufactured by
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