



NATURE'S SUNSHINE

# Evening Primrose Oil

GOOD FOR

Hair, Skin &amp; Nails (Integumentary)

Female Reproductive System

Cardiovascular system

SIZE **90 Capsules**

ITEM # **1787**

SERVING **1**

SUPPLY **90 days**

DIRECTIONS FOR USE Take 1 softgel daily with a meal.

## — How the Key Ingredients Work

Evening Primrose Oil brings together a carefully balanced blend of plant-based fatty acids and vitamin E — working together to help your skin stay soft and resilient, support a healthy inflammatory response, and keep your body feeling its best day after day.

**Evening Primrose Oil** — The star of this formula, cold-pressed from the seeds of the *Oenothera biennis* flower, evening primrose oil has been used for generations to support skin health and overall wellness. Research shows it can help improve skin hydration, support a comfortable inflammatory response, and promote a healthy, balanced complexion.

**GLA (Gamma-Linolenic Acid)** — GLA is the prized omega-6 fatty acid that makes evening primrose oil so special. Clinical studies show it can help ease joint tenderness and morning stiffness, support healthy skin from within, and help the body maintain a balanced inflammatory response — making it one of the most researched natural fatty acids available.

**LA (Linoleic Acid)** — Linoleic acid is an essential omega-6 fat your body cannot make on its own, so you have to get it from food or supplements. It plays a key role in keeping skin looking clear and healthy, supporting normal cholesterol levels, and helping your body manage blood sugar — all backed by solid clinical research.

**Vitamin E** — A natural fat-soluble antioxidant, vitamin E works hand-in-hand with the fatty acids in this formula to help protect your cells from everyday oxidative stress. It supports healthy circulation, helps keep arterial walls in good shape, and acts like a shield for the delicate fats in your cell membranes, keeping them strong and intact.

**Skin Hydration Support** — One of the most celebrated benefits of evening primrose oil is what it does for dry, uncomfortable skin. Clinical trials show EPO can meaningfully improve skin moisture and smoothness — especially helpful during times when skin tends to feel tight, flaky, or rough. GLA and LA both contribute to a healthy, well-hydrated skin barrier.

**Joint Comfort & Flexibility** — GLA from evening primrose oil has been studied in multiple randomized controlled trials for its ability to support comfortable, flexible joints. Participants in key studies reported meaningful reductions in joint tenderness and stiffness over time, making EPO a popular choice for those who want to support their joints naturally.

**Healthy Inflammatory Response** — Both GLA and LA help the body maintain a balanced, healthy inflammatory response. GLA is converted in the body into compounds that help keep inflammation in check, while linoleic acid supports vascular health by helping to moderate inflammatory signals in blood vessels — a benefit confirmed in large prospective studies.

**Heart & Arterial Wellness** — The fatty acids in this formula — GLA and LA — have both been linked to heart and arterial health in clinical research. LA is associated with reduced LDL cholesterol when it replaces saturated fats in the diet, while GLA supports healthy platelet function and helps maintain normal vascular tone, contributing to overall cardiovascular wellness.

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