



More GLA means enhanced female wellbeing

Not all borage oils are of the same quality. Borage oil is derived from starflower seeds and seems tailor made for the female body. This edible oil is mainly consumed because of its gamma-linolenic acid, or GLA, content. GLA is a female friendly Omega-6 fatty acid with Omega-3 type properties, which are even more effective when combined with Omega-3.

For many women the idea of consuming oil has a negative undertone because of its association with weight gain. Unfortunately these women are putting all types of oils in the same category, thus depriving their bodies of many healthy oils, including fish oil, olive oil, flax oil and/or borage oil. As a matter of fact, did you know that fish oil promotes the metabolism to the extent that you actually start burning fat? And there is no need to deprive yourself of borage oil in order to maintain your figure. There are indications that this oil inhibits the jojo effect following a diet.

Cosmetic care from the inside out

Borage oil supplies GLA, which the skin happily puts to good use. GLA maintains

the skin's radiant and youthful appearance. The impact of GLA on the inside shows quite clearly on the outside. It is advisable to consume approximately half a gram of GLA each day to benefit your skin. MoreGLA provides a borage oil concentrate of no less than 65% GLA, whereas ordinary borage oil contains only 24 % GLA. This means that you only need to take a maximum of two capsules of MoreGLA per day.

GLA is even more powerful combined with Omega-3

GLA can be converted in the circulatory system into the Omega-6 fatty acid mainly found in meat. This fatty acid has the opposite effect of GLA on the body. Omega-3 fatty acids from oily fish inhibit

this conversion so that you derive maximum benefit from GLA and your circulation receives the best possible support. It is beneficial, therefore, to combine borage oil with fish oil. Eicosapentaenoic acid (EPA) is the most important fatty acid for this function. The other fish based fatty acid, docosahexaenoic acid (DHA), also contributes to this process but to a lesser extent. The two recommended MoreGLA capsules contain 520 mg GLA (from borage oil), and have been supplemented with 212 mg EPA and 64 mg DHA (from fish oil). A case of 'killing two birds with one stone' to optimise the effect of GLA.

Female equilibrium

There is another reason why women utilise the GLA from borage oil. GLA also supports the female equilibrium during 'that tricky time of the month'. It will help you, for example, to remain relaxed and in a good mood. Just one capsule a day of our highly concentrated MoreGLA is enough to promote this level of female wellbeing. The quality of MoreGLA is unequalled. The oils are purified and concentrated using the mildest and most environmentally friendly procedures currently available. Borage oil concentrate is guaranteed to be free from the damaging pyrrolizidine alkaloids found in borage seeds. The capsule itself has not been flavoured and releases its ingredients gradually. This makes MoreGLA suitable for people allergic to flavourings and people with a sensitive stomach.

Finally

Summarised it is safe to say that a food supplement based on GLA rich borage oil keeps the skin in good condition and supports the female equilibrium month after month. Furthermore, GLA will also help maintain supple joints and strong bones. The impact of MoreGLA is the result of its high GLA concentration and the addition of Omega-3.

MoreGLA

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