

BodyBio Evening Primrose Oil

Rich in GLA for Skin, Hormone, and Cellular Health

Evening primrose oil is extracted from the seeds of evening primrose, which contains gamma-linolenic acid (GLA), a specialized omega-6 fatty acid that has both anti-inflammatory and analgesic properties.*

AVAILABLE FORMAT:

180 Softgels



BENEFITS

Hormonal Balance

By modulating prostaglandin synthesis, EPO may help alleviate PMS, cyclical breast pain (mastalgia), and menopausal symptoms by reducing inflammation and supporting the body's natural hormonal balance.*

Skin Health

GLA enhances skin barrier function, improves hydration, and reduces inflammation, benefiting conditions like eczema, acne, and atopic dermatitis.*

Anti-Inflammatory Effects

GLA-derived prostaglandin E1 (PGE1) reduces systemic inflammation, potentially benefiting rheumatoid arthritis, asthma, and other inflammatory conditions.*

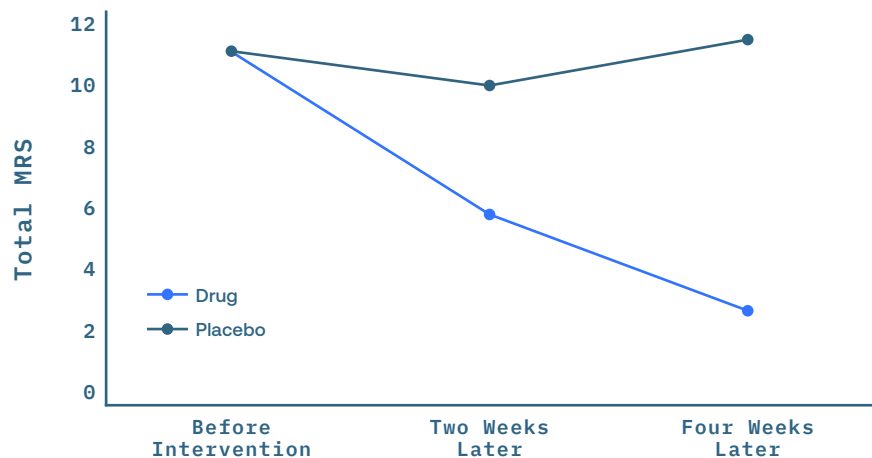
TRUST POINTS

Our Evening Primrose Oil is made at our US headquarters in New Jersey in our FDA certified facility. We take great care to preserve the integrity of these delicate fatty acids, ensuring they remain unaltered and effective, so you can trust in their purity and quality.

EVIDENCE

Effect of Evening Primrose Oil on Postmenopausal Psychological Symptoms

As shown, the Menopause Rating Scale (MRS), which measures psychological symptoms in postmenopausal women, remained unchanged in the placebo group during the intervention. In contrast, the MRS scores in the EPO group showed a significant decrease over the 4-week period ($P < 0.001$).



Safdari, F., Motaghi Dastenaie, B., Kheiri, S., & Karimiankakolaki, Z. (2021). Effect of Evening Primrose Oil on Postmenopausal Psychological Symptoms: A Triple-Blind Randomized Clinical Trial. *Journal of menopausal medicine*, 27(2), 58–65.

APPLICATIONS

Patients with $\Delta 6$ -desaturase (delta-6-desaturase, D6D) Mutation

The enzyme responsible for converting linoleic acid (LA) into gamma-linolenic acid (GLA) is $\Delta 6$ -desaturase. It is a key regulatory step in the biosynthesis of downstream bioactive lipids, including dihomo- γ -linolenic acid (DGLA) and subsequently, prostaglandin E1 (PGE1).*

Hormonal Health

EPO has been studied for its potential role in alleviating PMS and menopausal symptoms, primarily through its influence on prostaglandin synthesis. Its key active component, GLA, may help reduce cyclical breast pain (mastalgia), mood fluctuations, and the severity of hot flashes by counteracting inflammation and supporting overall hormonal balance.*

Skin Health

GLA supports skin barrier function, reduces transepidermal water loss, and improves hydration, elasticity, and smoothness, particularly in conditions like atopic dermatitis and eczema (cite). Studies suggest that EPO supplementation can modulate inflammatory mediators such as prostaglandins and leukotrienes, which contribute to skin inflammation and irritation.*

Respiratory Health

The anti-inflammatory properties of GLA in EPO may help alleviate symptoms of respiratory conditions by modulating eicosanoid pathways, leading to reduced leukotriene production and airway inflammation. Research indicates that GLA may influence cytokine balance and reduce bronchial hyperresponsiveness.*

Rheumatic and Inflammatory Joint Conditions

Studies indicate that the GLA in evening primrose oil may reduce morning stiffness and enhance joint mobility in individuals with rheumatoid arthritis and other inflammatory conditions.*

SCIENTIFIC RATIONALE

Hormonal Regulation

In conditions like PMS and cyclical breast pain (mastalgia), elevated prostaglandin E2 (PGE2) activity is associated with increased uterine cramping, irritability, fluid retention, and breast tenderness. By contrast, PGE1, a downstream metabolite of GLA, exerts anti-inflammatory and antispasmodic effects. PGE1 is thought to counterbalance PGE2 by reducing smooth muscle contractions, lowering pro-inflammatory cytokine activity, and supporting mood regulation. In menopause, declining estrogen levels disrupt the regulation of neurotransmitters and inflammatory pathways, often leading to symptoms such as hot flashes, mood changes, and vaginal dryness. The shift in hormonal balance may also exacerbate systemic inflammation, highlighting the potential therapeutic role of anti-inflammatory mediators like PGE1 during this transitional period.*

Enhancement of Skin Barrier Function

GLA is incorporated into epidermal ceramides and phospholipids, restoring skin barrier integrity and moisture retention. Studies show significant improvement in skin hydration and transepidermal water loss in patients with eczema and atopic dermatitis.*

Modulation of Eicosanoid Pathways

GLA is converted into dihomo- γ -linolenic acid (DGLA), which serves as a precursor for anti-inflammatory eicosanoids such as prostaglandin E1 (PGE1). PGE1 inhibits inflammatory mediators like leukotrienes and prostaglandin E2 (PGE2), reducing inflammation in conditions such as eczema, rheumatoid arthritis, and asthma.*

SUGGESTED USE

Take 2 softgels daily with food or as directed by your healthcare practitioner.

Therapeutic Dose

4-6 capsules daily. The duration of the therapeutic dose depends on your healthcare provider's recommendation. We typically suggest using it for up to 6 months, after which a gradual reduction to a maintenance dose may be considered.

If patient has difficulty digesting fat, consider pairing Evening Primrose Oil with TUDCA for improved bioavailability.

SUPPLEMENT FACTS

Serving Size: 2 softgels
Servings: 90

	Amount per serving	%DV**
Calories	20	
Total Fat	3 g	
Gamma-Linolenic Acid (GLA)	250 mg	
Linoleic Acid	1743 mg	

**The % Daily Values (DV) are based on a 2000 calorie diet.

† Daily Value not established.

Ingredients: Evening Primrose Oil, gelatin, glycerin, and purified water.

If you are pregnant or nursing, seek the advice of a health practitioner before using this product.

SCAN QR CODE
FOR REFERENCES

