
GLA COMPLEX

GLA, or gamma-linolenic acid, is an omega-6 fatty acid that our bodies use to form prostaglandins: potent, hormone-like substances that help the body regulate many normal body functions such as blood thickness, skin and joint health, cholesterol levels, dilation and constriction of blood vessels, inflammation, and more. While GLA is mostly known because it's helpful to women in maintaining well-being during the menstrual cycle, it has a multitude of benefits for both men and women.

Your body is normally able to produce GLA from the essential fatty acid linoleic acid (LA), which is widely available in the typical North American diet from such sources as safflower, sunflower, corn, grape, and sesame oils. However, many people are deficient in GLA because the conversion of LA to GLA can be blocked or impeded by numerous factors. These include: excessive cholesterol intake from diets rich in meat, eggs, and dairy products; excessive intake of saturated and monounsaturated fatty acids, hydrogenated oils, and trans fats; excessive alcohol consumption; aging; zinc deficiency; viral infections; diabetes and pre-diabetic conditions; and high sugar consumption.

To circumvent any of these blockages, supplementation with GLA certainly makes sense. GLA is most commonly produced from evening primrose or borage seed oils. Shaklee chose borage seed oil as its source because it has a higher concentration of GLA than evening primrose oil, which means less oil (and fewer calories) is needed to provide an effective daily dosage.

The borage oil used in Shaklee's **GLA Complex** softgels is derived from Canadian-grown borage plants (Latin name: *Borago officinalis*). This small flowering herb, grown in Saskatchewan under carefully controlled farming conditions, is pesticide free. The seeds are harvested and shipped to a modern edible oil-processing facility near Saskatoon, where they're cold pressed and filtered to yield the GLA-rich borage oil. No solvents are used to extract the oil from the seeds; no chemicals are used to alter the oil that's produced.

GLA Complex softgels also contain vitamin E, which helps protect arterial walls and supports the immune system by helping maintain cell integrity. Finally, Shaklee's patented antioxidant system of natural protective substances, **ShakleeGuard**[®], has been added to the oil in the softgels to protect it from oxidation. This blend of vitamin E and vitamin C compounds and rosemary extract gives the softgels a longer shelf-life than they might otherwise have.