



Evening Primrose Oil - <i>Oenothera biennis</i>	
Description	Evening Primrose Oil comes from the seeds of the evening primrose. It is rich in gamma-linolenic acid (GLA), which is involved in production of prostaglandins. Prostaglandins regulate a number of body functions.
Traditional Use	It has been used to ease the pain of rheumatoid arthritis. Used to relieve PMS and menstrual cramps. Some users report improved skin condition.
Commercial Availability & Dosage	Evening primrose oil can be purchased in capsule, oil or softgel format. Take with meals to enhance absorption.
Precautions / Contra-Indications	Epileptics should check with their doctor before taking supplements containing Evening Primrose Oil.
Pregnancy & Breastfeeding	Evening primrose is suitable to be used during pregnancy and breastfeeding ¹
Adverse Effects	Mild gastrointestinal symptoms such as nausea, flatulence, diarrhoea and bloating has been reported ¹ .
Interactions¹	Caution use with anti-coagulants and anti-platelet (blood thinning) medication. Not to be taken along side phenothiazines.
References	1. Braun & Cohen. Herbs and Natural Supplements: An evidence-based guide. Churchill Livingstone, 2005.