



# Borage Seed Oil

Cold-Pressed



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# Borage Seed Oil

A excellent plant based source of GLA from Borage Seeds

## What is Borage Seed Oil

Bio Oils' Borage Seed Oil is cold-pressed from Borage seed (*Borago officinalis*) grown in the rich, fertile soils of the Central South Island of New Zealand, in the shadow of the beautiful Southern Alps. Borage Seed Oil has the highest concentration of GLA from any plant source, and has a higher GLA level than Evening Primrose oil. It is typically used in skincare to treat dry and damaged skin. Our Borage Seed Oil is cold-pressed, extra virgin, high in omega 6 GLA and GMO free.

## Health Benefits

Borage Seed Oil is nature's richest plant source of Omega 6 (GLA)<sup>1</sup> and recognised for its therapeutic benefits attributed to its unique chemical composition. It is higher in GLA (typically 21%) than Evening Primrose oil (typically 10%)<sup>1</sup>. Research shows Borage Seed Oil is associated with many health benefits including:

- Reduced affects of arthritis<sup>1,2</sup>.
- Improved skin condition and hydration with reduction of skin inflammation<sup>3</sup>.
- Improvement of Asthma Symptoms<sup>4</sup>.
- Hormone Support<sup>5</sup>.

## Country of Origin

Grown, produced and packaged in New Zealand

Available Bulk Packaging: 20L/18.6kg HDPE Drum, 200kg Steel Drum, 915kg Tripak (cardboard IBC)



## Nutritional Information

Nutrition Information		
Serving Size: 5ml (1 tsp)		
	Average Quantity per Serving	Average Quantity per 100ml
Energy	148 kJ	3700 kJ
Protein	0 g	0 g
Fat, total	4 g	100 g
- saturated	1 g	15 g
- polyunsaturated	2 g	59 g
- gamma linolenic acid (GLA)	1.2 g	24 g
- monounsaturated	1 g	27 g
Carbohydrates	0 g	0 g
- sugars	0 g	0 g
Sodium	0 g	0 g
Gluten	0 g	0 g

Ingredients: Cold Pressed, Unrefined, Extra Virgin Borage Seed Oil (100%)

Note: Average quantity shown in g per ml

- 1 - Belch, J. J., & Hill, A. (2000). Evening primrose oil and borage oil in rheumatologic conditions. *The American journal of clinical nutrition*, 71(1 Suppl), 352S-6S. <https://doi.org/10.1093/ajcn/71.1.352s>
- 2 - Kast R. E. (2001). Borage oil reduction of rheumatoid arthritis activity may be mediated by increased cAMP that suppresses tumor necrosis factor-alpha. *International immunopharmacology*, 1(12), 2197-2199. [https://doi.org/10.1016/S1567-5769\(01\)00146-1](https://doi.org/10.1016/S1567-5769(01)00146-1)
- 3 - Lin, T.-K., Zheng, L., & Santiago, J. L. (2018). Anti-Inflammatory and Skin Barrier Repair Effects of Topical Application of Some Plant Oils. *International Journal of Molecular Sciences*, 19(1), 70. <https://doi.org/10.3390/ijms19010070>
- 4 - Mirsadraee, M., Khashkhashi Maghaddam, S., Saedi, P., & Chaffari, S. (2016). Effect of *Borago Officinalis* Extract on Moderate Persistent Asthma: A Phase two Randomized, Double Blind, Placebo-Controlled Clinical Trial. *Tanaffos*, 15(3), 168-174.
- 5 - Schölkens, B. A., Gehring, D., Schlötte, V., & Weithmann, U. (1982). Evening primrose oil, a dietary prostaglandin precursor, diminishes vascular reactivity to renin and angiotensin II in rats. *Prostaglandins, leukotrienes, and medicine*, 8(3), 273-285. [https://doi.org/10.1016/0262-1746\(82\)90050-6](https://doi.org/10.1016/0262-1746(82)90050-6)



## Functional Ingredients

Omega 6; GLA & LA  
Omega 9; Oleic Acid  
Vitamin E  
Phenolic Compounds



## Uses & Applications

Clear, golden oil with slight nutty flavour.

**Nutraceutical;** dietary supplements.

**Nutrition/food;** edible oil, functional food ingredient, smoothies, shakes.

**Cosmetic;** applied directly to the skin as a face/body moisturizer.

Inclusion in cosmetic creams to aid hydration.

**Animal food;** as a functional ingredient.

**Stability:** 12 months from date of manufacture. Keep cool and away from direct sunlight.