



EVENING PRIMROSE OIL

Evening Primrose Oil (EPO), is extracted from the seeds of *Oenothera biennis* which is not actually a member of the Primrose family but is part of the Willow herb family. The plant acquired the primrose name because its bright yellow flowers resemble primrose flowers and its flowers open in the evening hence its current name.

The plant has a two year cycle and it is during the second year that the flowers appear from which seeds are eventually harvested.

The origins of the plant were in North America from where it came to the UK by accident when cargo ships bringing cotton over, dumped the soil brought back as ballast, and seeds began to grow. The plant was officially introduced in 1614 into Europe and rapidly became known as "King's Cure All" because of its useful medicinal properties. EPO was not examined closely however until 1919 when the gamma-linolenic acid (GLA) content was reported in Germany and consequently its effect on cell generation and cholesterol levels were soon monitored. This led eventually to experiments which have given us the depth of knowledge that we have about this product today.



The Benefits of Evening Primrose Oil

EPO has been shown to be beneficial for a wide range of conditions.

Premenstrual Syndrome (PMS) - has been shown to eradicate swollen abdomen and breast discomfort as well as reducing irritability and depression.

Eczema and other skin disorders - available on prescription for eczema. Psoriasis may be helped by EPO and Fish Oils.

Cholesterol and Blood Pressure - has been shown to reduce high serum cholesterol and blood pressure, but may take several weeks to achieve.

Rheumatoid Arthritis - sufferers have discontinued use of non-steroidal anti-inflammatory drugs after supplementation, but is more effective when taken with fish oils.

Alcoholism - may make withdrawal easier and reduce post drinking depression.

Immune System - low levels of essential fatty acids may stop the action of interferon, the body's natural virus killer.

Other conditions - Obesity, Benign Breast Disease, Childhood Hyperactivity and Schizophrenia have all been shown to be helped by EPO supplementation.

