

Article number: 5011

**Physical properties:** Light yellow, oily liquid, almost odourless.

**Relative density:** At 20 °C approx. 0.925 g/cm<sup>3</sup>.

**Main ingredients:** Unsaturated fatty acids – mainly linoleic acid (C18:2) approx. 74%, gamma-linolenic acid (C18:3) approx. 8–10%, oleic acid (C18:1) approx. 6%, vitamins, lecithin.

This oil is used in cold meals, in salads, dressings or as seasoning to finished meals. According to some scientific-pharmaceutical studies, it can help in therapies of various skin conditions or to support women's health, e.g. premenstrual or climacteric syndrome. It can improve the function of the liver and endocrine glands, and boost the blood circulation in legs. It helps to adjust the blood pressure and lipid metabolism. It is recommended also for soothing the skin affected by acne, psoriasis or seborrhoea. According to further studies, it has anti-inflammatory effects in treating joints. Suitable as a food supplement. The recommended dosage is approx. 1-2 teaspoons a day.

**Non-dietary use:** Thanks to the presence of gamma-linolenic acid, which is very important for human body (it takes part in prostaglandin biosynthesis), this oil can be put to very good use as a dietary supplement to help with skin conditions, and also as a component of cosmetic preparations. It is mild and easily absorbed. For external use, the oil is included in exclusive regenerative oils, creams and masks. It has emollient effects. It has a very beneficial effect on sensitive, irritated, burned (for example from sunbathing), and inflamed skin. It is recommended for the treatment of skin affected by psoriasis, neurodermatitis and various types of dermatitis. Along with rose hip seed oil and evening primrose oil, it makes a suitable combination with most of the other oils which are used for skin care, in the concentration of 10%. It is not advisable to use it in its concentrated form.

**Note:** People suffering from epilepsy should consult their physician first.

**INCI:** Oenothera biennis Oil

**Storage:** The stated expiry date can be substantially extended by keeping the product in a dark and cold place (ideally in a fridge at 6–10 °C).

Best before the date indicated on the packaging. Batch number and volume are indicated on the packaging.