

Efamol®

Pure Evening Primrose Oil

Efamol Evening Primrose Oil is unique. The oil used is carefully extracted from a specially cultivated Rigel Evening Primrose, the seeds of which contain up to 33% more GLA than other Evening Primrose Oils

Scientifically Researched to support hormonal balance and beautifully smooth and nourished looking skin.



Ingredients: Pure Evening Primrose Oil, capsule shell (bovine gelatin, humectant: glycerol, vitamin E (dl-alpha tocopheryl acetate).

Directions for use: Adults: 1 capsule (1000mg) 2 capsules (500mg) per day with food or drink. Children aged 5-12 years: 1 capsule (500mg) per day with food or drink.

Efamol advises optimising the body's natural store of these important nutrients by increasing the recommended intake for the first twelve weeks. Adults: 3 (1000mg) or 6 (500mg) capsules per day with food or drink. Children aged 5-12 years: 3 (500mg) capsules per day.

Nutritional table:

Per Adult Daily Intake (Two capsules)		%NRV*
Pure Evening Primrose Oil	1000mg	**
of which: Omega 6	755mg	**
of which: GLA	115mg	**
Vitamin E	10mg a-TE	83

Precautions: Do not exceed the recommended intake. If you are pregnant, planning a pregnancy, breast feeding, taking any medication or have an existing medical condition including epilepsy consult your doctor before using this product. Store in a cool, dry place out of the sight and reach of young children. Do not use if seal is broken.

OUR UNIQUE PROCESS



Grown in the Netherlands and New Zealand by the same growers we have used for the last 40 years.



Only Efamol use Rigel seed which we developed to be 33% higher in GLA than standard Evening Primrose seeds.



Our unique low temperature oil extraction process ensures the oil retains its form and natural properties.



Our oil is tested to ensure it contains the GLA stated and has been successfully used in numerous scientific trials in humans.

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To help maintain beautifully smooth & nourished looking healthy skin.

Efamol® Pure Evening Primrose Oil provides up to 33% more GLA than other evening primrose oils. GLA noticeably improves healthy skin while maintaining its natural moisture barrier.

Skin Perception Trial¹

- 77 participants, treatment periods: 12 weeks.
- 6 x 500 mg capsules per day

82% agree that Efamol Evening primrose oil supports beautifully smooth and nourished looking skin² PLUS:

- 85% feel happier with their skin
- 82% feel more confident with their skin
- 72% feel skin is firmer
- 87% feel their skin is less dry
- 85% skin feels softer
- 84% skin feels smoother



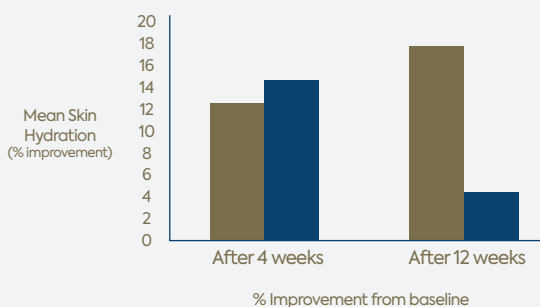
Efamol Healthy Skin Trial (2005)²

- Randomised, parallel, double-blind placebo- controlled trial
- 40 participants with dry healthy skin
- Treatment periods: 12 weeks.
- 3 x 500 mg capsules per day / or placebo

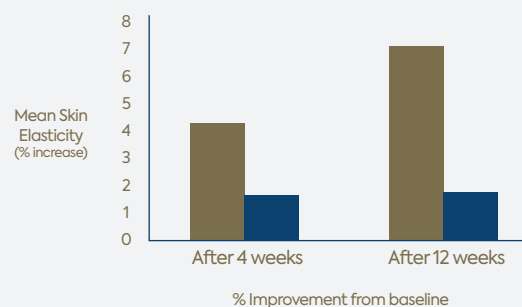
Efamol® Evening Primrose Oil Improved:

Skin moisture	18%
Moisture loss	8%
Firmness	16%
Elasticity	7%
Fatigue	12%

Skin Moisture



Skin Elasticity



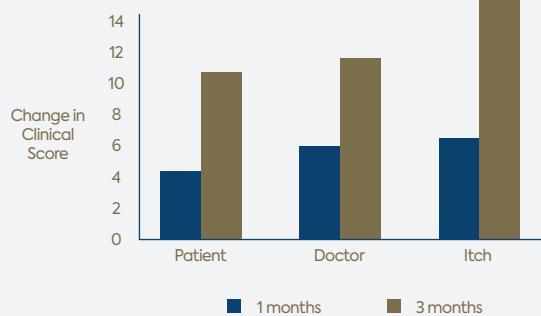
1. Cutest consumer research, 2020. 2. Muggli, R. (2005). Systemic evening primrose oil improves the biophysical skin parameters of healthy adults. International Journal of Cosmetic Science, 27(4), 243–249.

Meta Analysis Efamol EPO for Atopic Eczema (2006)

- 26 randomized, double-blind, placebo-controlled trials
- 1207 patients: 1-28 years
- Treatment periods: 3 to 16 weeks.
- 2-16 500 mg capsules per day



Effects of EPO on Atopic Eczema Symptoms Over Time



- **Safe & effective for symptomatic relief of atopic eczema**
- **Simultaneously benefits Itch | Crusting | Oedema | Redness**
- **Results apparent between 4 & 8 weeks after treatment**
- **Findings consistent with earlier meta-analysis**
- **Effects reduced in patients taking high-dose steroids**

Morse & Clough 2006, Curr Pharm Biotechnol. 7(6):503-24

Independent research EPOGAM (2014)

- Multicentred open trial using EPOGAM (drug version of Efamol Evening Primrose Oil)
- 21 Patients aged 3-58 years
- Treatment period: 12 weeks 4-6 1000mg caps per day
- Measured: symptom severity, blood fatty acids (DGLA & GLA) safety & adverse effects.



- **Symptom severity improved.**
- **Reductions were related to increased GLA and DGLA levels.**

Symptom Severity:	MILD	MODERATE
Baseline	43%	57%
After 12 weeks	93%	7%

Simon et al. 2014, Atopic Dermatitis, Adv Ther, 31(2):180-188.

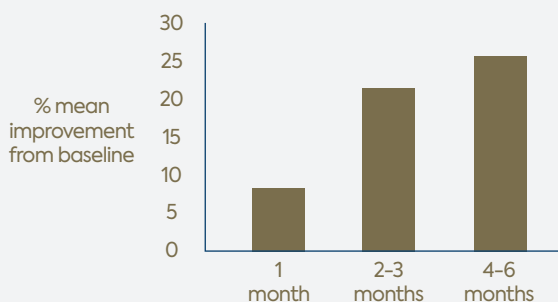
GLA maintains hormonal balance every day of the month

- **To Maintain Hormonal Balance**
- **Symptomatic relief of PMS**
- **Treatment of Breast Pain**
- **Menopausal Symptom Relief**
- **Scientific research indicates that GLA is necessary for normal structure of cell membranes and is converted by the body into prostaglandins which play a role in a wide variety of body functions including maintenance of hormonal balance and helping blood flow to all tissues.**

Women's Health

Comprehensive Review of Clinical Trials of EPO for PMS, Menopausal symptoms and other 'hormonal' conditions affecting women confirmed it's efficacy for women's health.

Mahboubi, M. (2019). Evening Primrose (*Oenothera biennis*) Oil in Management of Female Ailments. *Journal of Menopausal Medicine*, 25(2), 74–82.

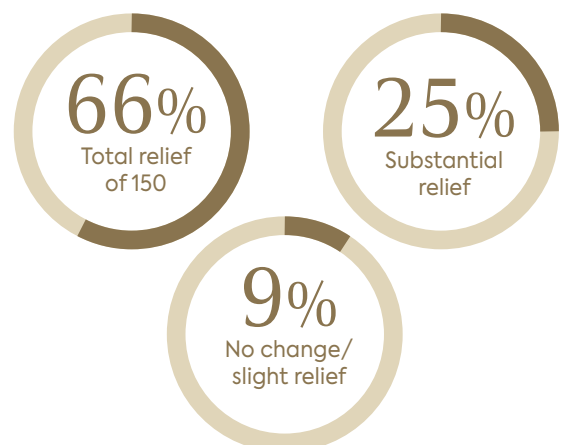


Effects of EPO on Breast Pain increase over time

- Response to EPO is progressive, with maximum benefits only evident after 4–6 months

Gateley et al (1992) Drug treatments for Mastalgia: 17 Years Experience in the Cardiff Mastalgia Clinic. *J Royal Soc Med*. 1992; 85: 12–15.

PMS & Breast Pain (Mastalgia)



Brush M. et al 1990 Biochemistry of PMS. In: Horrobin DF (ed) Omega-6 EFAs: Pathophysiology and Roles in Clinical Medicine. NY: Liss 1990: 513–522

Menopause symptom relief: hot flushes

- Using evening primrose oil may decrease the intensity of hot flushes and reduce the severity score using a standardised measurement.
- 56 menopausal women treated with EPO (1000 mg/day) or placebo for 6 weeks

Farzaneh, F, Fatehi, S., Sohrabi, M. R., & Alizadeh, K. (2013). The effect of oral evening primrose oil on menopausal hot flashes: A randomized clinical trial. *Archives of Gynecology and Obstetrics*, 288(5), 1075–1079. <https://doi.org/10.1007/s00404-013-2852-6>

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