

GLA-90

Brown fat breakthrough

Gamma Linolenic Acid (GLA) is often the most deficient essential fatty acid in our diets. Taking a gamma linolenic acid supplement may help the body to stimulate metabolically active brown fat for optimum weight loss support.*

Gamma linolenic acid helps:

- ✓ Stimulate brown fat activity through its prostaglandin pathways for optimized fat burning*
- ✓ Provide stellar skin protection to moisturize internally and diminish symptoms of eczema and psoriasis*
- ✓ Reduce excess inflammation and alleviate morning stiffness*
- ✓ Support healthy cholesterol*
- ✓ Help relieve PMS*

» Each softgel contains 90 mg GLA from cold pressed black currant seed oil. «

How does brown fat support weight loss?

Brown fat has been hailed as the "new obesity treatment," by the New England Journal of Medicine (April 2009). Primarily activated by cold, brown fat triggers the body to burn more calories and generate body heat.

Overweight people have been found deficient in this fat, and by adulthood, brown fat may be metabolically inactive in many individuals.

Usage: Adults take two (2) softgel capsules twice daily with meals as a dietary supplement, or as directed by a health care professional.



120 Softgels / 30-Day Supply



“I haven’t even finished my first bottle and have already noticed great weight loss!”†

-Alana



Success Stories / GLA-90

“GLA-90 has made all the difference in maintaining my fat loss. As a Wellness Consultant I know I’m also getting essential fatty acids that I’m not getting from my eating plan. My husband and I will continue to use this GLA-90 going forward. Thanks for creating such a valuable product.”†

-Peggy

“I discovered GLA-90 when I first started using the Fat Flush regimen. I was not sure of what impact it was having, but recently I ran out of my supply and soon discovered that one area where this product was really making a difference was in inflammation. During the time I wasn’t using GLA-90 I accidentally tweaked my knee and needed to take ibuprofen to relieve the inflammation. It helped, but didn’t really take care of the issue. What I noticed when I started taking the GLA-90 was that little by little the inflammation seemed to disappear and so did the morning stiffness. I will be watchful not to run out of this product in the future.”†

-Pam

“I love GLA-90! I have noticed new hair growth and a reduction in inflammation when I take it regularly. Also helps with menstrual cramps. It’s my go-to remedy!”†

-Kelly

“This product has been helping me with my psoriasis. The skin over-production has decreased dramatically since I have taken GLA-90 consistently for 60 days. I think it is helping me lose fat too because I have had an extremely hard time losing my post-menopausal weight. I have now lost 15 pounds. I haven’t been able to even lose 5 pounds in several years.”†

-Colleen

“I had done the Fat Flush diet on and off for several years and always had great success (not the supplements) until menopause hit. Since menopause, I’ve had the hardest time losing weight around my middle. I had been taking the supplements for months and still no luck with the belly fat. Then I read a facebook status on Ann Louise Gittleman’s page that said if you were having trouble losing belly fat to double the amount of GLA-90 that was recommended, and WOW! Within 3 days my mid section shrunk, even my husband noticed! This is one supplement I will never be without.”†

-Lisa

Supplement Facts

Serving Size: 2 Softgels
Servings Per Bottle: 60

Amount per Serving		% DV
Calories 10		
Calories from Fat 10		
Total Fat	1.5 g	2%*
Polyunsaturated Fat	1 g	†
Monounsaturated Fat	0 g	†
Gamma Linolenic Acid (from Black Currant Seed Oil)	180 mg	†

* Percent Daily Values based on a 2,000 calorie diet.
† Daily Value (DV) not established.

Ingredients: Black currant (*Ribes nigrum*) seed oil, gelatin, glycerin and water.