



## Naka Products

### Evening Primrose Oil: Available in 90 Caps -1000 mg & 180 Caps -1000 mg

**Product benefits by category:**

- GOLD** PMS, Women's Health.
- SILVER** Anti-aging, Athletic Performance Body Care & Topical Use, Essential Fatty Acids, Hair, Skin & Nails, Heart Health, Immune System.
- BRONZE** Antioxidant, General Prevention.



Evening Primrose is a natural and rich source of essential fatty acids, particularly Gamma-linolenic Acid (GLA). GLA helps the body form prostaglandins. Prostaglandins help lower blood pressure, reduce risks of blood clotting, stimulate the immune system and regulate brain function. A study at St. Thomas Hospital in London found 67% of PMS sufferers given Evening Primrose oil three times daily became symptom-free and 22% achieved partial relief. GLA is most commonly recommended for skin problems of all types.

**Directions:**

Take 3 - 4 capsules daily or as directed by a professional.

**Ingredients:**

Each gelatin capsule contains:

- Gamma-linolenic Acid..... 100 mg
- Cis-linoleic Acid ..... 720 mg  
(from 1000 mg of Evening Primrose Oil)
- Vitamin E (d'alpha tocopherol) .....29.8 IU

Supplemental source of essential fatty acids.  
Our primrose oil is cleaned and purified of organic residues and impurities to make it more stable and safe from rancidity.

### Chromium with Vanadium, Zinc & Vitamin C: Available in 90 Caps

**Product benefits by category:**

- GOLD** Blood Sugar.
- SILVER** Athletic Performance, Weight Management.
- BRONZE** Anti-aging, General Prevention, Mood, Vitamins & Minerals.

Chromium is a trace element, which may work closely with insulin to help facilitate the uptake of glucose into the cell. Naka's Chromium is specially bonded with amino acids to protect mineral value and enhance assimilation. Chromium and Vanadium are used by athletes to naturally increase their lean muscle mass. Some people experience dramatic weight loss using this synergistic product due to the control of sugar cravings and increased lean muscle mass.

**Directions:**

Take 1 capsule per day or as directed by a professional. Contains no artificial preservatives, colours, dairy, sweeteners, starch, wheat or yeast.

**Ingredients:**

Each gelatin capsule contains:

- Chromium (Chromium HVP\*Chelate).....500 mcg
- Vanadium (Vanadium HVP\*Chelate) ..... 75 mcg
- Zinc (Zinc Citrate)..... 15 mg
- Vitamin C (Ascorbic Acid) .....100 mg

**Non-medicinal Ingredients:**

- Grape Seed Extract (95% Proanthocyanidin) ..... 20 mg
- \*HVP = Hydrolyzed Vegetable Protein

