

One Woman. Many Chapters.

Ladies, your body changes through your 20s, 30s and beyond. Understand the unique shifts at every stage, and give your body the support it needs along the way.

Where are you on your journey today?

- ☐  Seeking more comfort through your monthly cycle
- ☐  Looking to support skin health from within
- ☐  Navigating natural hormonal shifts with balance
- ☐  Approaching life transitions with renewed confidence
- ☐  Making proactive self-care a daily habit

Ticked one or more? Maybe it's time to give yourself a little more daily support.

Every chapter of a woman's life comes with unique changes.

20s

Building dreams,
finding your way.



30s

Balancing life,
navigating change.



40s

Embracing transition,
feeling confident.



50+

A new chapter.
Still you, only better.



3 WAYS GLA SUPPORTS YOU

01

PMS

For your monthly chapter
GLA from borage oil has been studied for its role in supporting premenstrual comfort, including lower-back discomfort, headaches, breast discomfort and emotional well-being.¹



02

SKIN HEALTH

For skin that feels good
GLA supports the skin's natural moisture barrier, helping maintain skin moisture and soothe skin that feels irritated or inflamed.^{2,3}



03

MENOPAUSE

For your next chapter
As hormonal changes accompany menopause, GLA has been studied for its potential to support breast comfort and emotional well-being during this transition.⁴



GLA, WITH YOU THROUGH EVERY CHAPTER

GLA Complex, A gentle combination of:

✓BORAGE OIL

Provides GLA that supports hormonal balance

✓SUNFLOWER OIL

Omega-6 maintains healthy skin barrier and body function

✓VITAMIN E

Supports healthy looking skin with antioxidant protection



References:
1. Gama CRB, Lasmar R, Gama GF et al. 2014. Premenstrual Syndrome: Clinical Assessment of Treatment Outcomes Following Borago officinalis Extract Therapy. RBM. 71:211-217.
2. Kawamura A et al. 2011. Dietary supplementation of gamma-linolenic acid improves skin parameters in subjects with dry skin and mild atopic dermatitis. J Oleo Sci. 2011;60(12):597-607.
3. Kapoor R, Huang YS. 2006. Gamma-linolenic acid: an anti-inflammatory omega-6 fatty acid. Curr Pharm Biotechnol. 2006 Dec;7(6):531-4.
4. Currie H, Cochrane R. 2010. Current options in the treatment of menopausal symptoms. Prescriber. Volume 21, Issue 13.