



## FACT SHEET



Product:	Starflex™
Suitable for:	People suffering from the symptoms of PMS
Ingredients:	Borage Oil (20% GLA)(COLD PRESSED) Vitamin E (Di Alpha Tocopheryl Acetate) 5mg Gelatin Glycerol Purified Water
Recommended dose:	For adults only – 1 tablet per day. Do not exceed the stated dose.
Contraindications:	None reported.
Documented side effects:	Minor side effects from borage oil can include bloating, nausea, indigestion and headache.
Drug interactions:	There are no well known drug interactions with borage oil. Some prescription drugs may interact with vitamin E, these include some heart drugs, some drugs for psoriasis and acne, some chemotherapy medications and some treatments for obesity and diabetes.

Always tell your health care providers about any complementary and alternative practices you use. Providing a full picture of what you do to manage your health will help ensure coordinated and safe care.

Further reading:

Scully D, Kremer J, Meade MM, Graham R, Dudgeon K. Physical exercise and psychological well being: a critical review. *Br J Sports Med.* 1998 Jun;32(2):111-20.

Goyal A, Mansel RE; Efamast Study Group. A randomized multicenter study of gamma-linolenic acid (Efamast) with and without antioxidant vitamins and minerals in the management of mastalgia. *Breast J.* 2005 Jan-Feb;11(1):41-7.

Bendich A. The potential for dietary supplements to reduce premenstrual syndrome (PMS) symptoms. *J Am Coll Nutr.* 2000 Feb;19(1):3-12.

London RS, Murphy L, Kitlowski KE, Reynolds MA. Efficacy of alpha-tocopherol in the treatment of the premenstrual syndrome. *J Reprod Med.* 1987 Jun;32(6):400-4.

Wu CC, Huang MY, Kapoor R, Chen CH, Huang YS. Metabolism of omega-6 polyunsaturated fatty acids in women with dysmenorrhea. *Asia Pac J Clin Nutr.* 2008;17 Suppl 1:216-9.