

# PRIMACAP

## Evening Primrose Oil Soft Capsule

Botanical Name - *Oenothera biennis*



### Composition

**Primacap** : Each soft gelatin capsule contains Evening Primrose Oil 500 mg.

**Primacap-1000** : Each soft gelatin capsule contains Evening Primrose Oil 1000 mg.

### Description

Evening Primrose is a plant native to North America. It is obtained from the seeds of plant. It has been used medicinally in Europe since the 16th century. Clinical studies have focused on its use in the treating problems associated with essential fatty acid (EFA) deficiency including premenstrual syndrome, atopic eczema, inflammation and diabetic peripheral neuropathy. Evening Primrose Oil (EPO) is relatively high in essential fatty acids (EFAs), particularly gamma-linolenic acid (GLA, 7-10%).

### Pharmacology

Improves EFA composition of plasma, erythrocyte, platelet lipids and a-tocopherol levels in non-diabetic persons and Type 1 diabetic patients; increase total fat and EFA contents of mother's milk; affects fatty acid composition of serum lipids and adipose tissue in men with low dihomo-gamma-linolenic acid (DGLA) levels; helps maintain normal cellular structures and in the precursor of DGLA, which is the parent of the 1-series prostanoids and as a precursor of arachidonic acid, the parent of the 2-series prostanoids.

### Mechanism of action

Evening Primrose Oil supplies gamma-linolenic acid (GLA). The bioactivity of EPO is due primarily to its GLA contents. By supplying GLA, it bypasses the rate-limiting step in the metabolism of LA. After ingestion of EPO, GLA is rapidly absorbed and then converts directly to DGLA and other prostaglandin precursors. It also acts on the prostanoids pathway.

### Indication

- \* Premenstrual syndrome symptoms (PMS)
- \* Benign breast disease & cyclical mastalgia
- \* Lactation
- \* Atopic, allergic & neurodermatitis
- \* Psoriasis
- \* Hypertension
- \* Rheumatoid arthritis
- \* Thrombosis
- \* Atopic eczema
- \* Dietary aid
- \* Promotes healthy skin, nourishes brittle nail & hair.

### Dosages

**Primacap** : One or two capsules two to three times daily or as directed by the registered physician.

**Primacap-1000** : Atopic & Allergic Dermatitis : Adult Dosage : 1 Capsule 2 Times daily.

**Children Dosage** : 1 Capsule 1/2 times daily.

**Benign Breast Disease & Mastagia** : 1 Capsule 2/3 times daily with or after meal.

**Premenstrual Syndrome (PMS)** : 1 Capsule 2 times daily at morning & night with or after meal.

**Rheumatoid arthritis** : 1 Capsule daily. Or as directed by the registered physician.

### Side effects

Side effects are rare at recommended dosages. Overdose may cause loose stool and abdominal pain.

### Contraindication

Previously it was not recommended for patients diagnosed with schizophrenia. However, a recently published analysis of clinical trials involving polyunsaturated fatty acids in the treatment of schizophrenia did not indicate a clear therapeutic or adverse effect of evening primrose oil supplements on schizophrenic patients.

### During pregnancy and lactation

Linolenic acid, GLA and DGLA are important components of human breast milk, so it is responsible to assure that evening primrose oil may be taken while nursing. According to World Health Organization (WHO), pregnant or lactating women should get 5% of their total daily caloric intake from EFAs.

### Storage

Keep out of reach of children. Keep away from direct sunlight.

Store below 25°C in a dry place.

### Supply

**Primacap** : Each box contains 5 x 10 = 50 soft capsules in blister packs.

**Primacap-1000** : Each box contains 5 x 6 = 30 soft capsules in blister packs.