

# Borage

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<b>Botanical Name</b>	Borago officinalis
<b>Part Used</b>	Seed
<b>Extraction</b>	Cold pressed
<b>Color</b>	Pale yellow
<b>Viscosity</b>	Thin, but oily
<b>Taste</b>	Slightly sweet and fatty
<b>Aroma</b>	Faint, fatty note
<b>Constituents</b>	High in the essential fatty acids (EFAs) and gamma linolenic acid (GLA). It is similar to evening primrose oil which also contains GLA. EFAs are not manufactured in the body and must be supplied by the diet. One of the most important is linolenic acid, which the body converts to GLA for use.
<b>Dermal Absorption</b>	Rapid absorption, leaving no residue.
<b>Uses</b>	Borage seed oil is used externally for the skin, hair, and nails and it is effective internally for cardiovascular disorders, hyperactivity, premenstrual syndrome, arthritis, benign breast disease, multiple sclerosis, diabetes, aging, and epilepsy. This is a beneficial oil to add to a massage blend for facials or apply to problem areas affected by dermatitis, eczema, or psoriasis. It can be substituted for evening primrose oil.
<b>Storage</b>	Store in a well-filled, airtight container at a cool temperature, protected from light.

## Information compiled from:

[Student Handbook Australasian College USA (Version dated 12/7/99)]

**Disclaimer Notice:** This information is provided for educational purposes only. No claim is made to the accuracy of these statements nor is the information to be considered all inclusive of the properties of the respective essential oils. These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.