



NATURAL HEALTH PRODUCT

EVENING PRIMROSE OIL

This monograph is intended to serve as a guide to industry for the preparation of Product Licence Applications (PLAs) and labels for natural health product market authorization. It is not intended to be a comprehensive review of the medicinal ingredient.

Notes

- Text in parentheses is additional optional information which can be included on the label at the applicant’s discretion.
- The solidus (/) indicates that either term and/or statement may be selected on the label.

Date

February 27, 2026

Proper name(s), Common name(s), Source information

Table 1. Proper name(s), Common name(s), Source information

Proper name(s)	Common name(s)	Source information	
		Source material(s)	Part(s)
<i>Oenothera biennis</i>	<ul style="list-style-type: none"> • Evening primrose oil • Primrose oil 	<i>Oenothera biennis</i>	Seed

References: Proper name: USDA 2024; Common names: Brayfield and Cadart 2024, Gardner and McGuffin 2013; Source information: Brayfield and Cadart 2024; WHO 2002.

Route of administration

Oral

Dosage form(s)

This monograph excludes foods or food-like dosage forms as indicated in the Compendium of Monographs Guidance Document.

Acceptable dosage forms for oral use are indicated in the dosage form drop-down list of the web-based Product Licence Application form for Compendial applications. Although delayed release dosage forms are usually not supported by NNHPD's monographs, this monograph includes ‘Capsule, soft, enteric-coated’ which may be used for products containing fixed oils.



Use(s) or Purpose(s)

- Source of essential fatty acids for the maintenance of good health (Brayfield and Cadart 2024; IOM 2006).
- Source of omega-6 fatty acids for the maintenance of good health (IOM 2006; Mills and Bone 2005; WHO 2002).
- Source of linoleic acid (LA) for the maintenance of good health (IOM 2006; Mills and Bone 2005; WHO 2002).

Note: The above uses can be combined on the product label (e.g., Source of omega-6 fatty acids, including linoleic acid, for the maintenance of good health).

Dose(s)

Subpopulation(s)

Adults 18 years and older

Quantity(ies)

Method of preparation: Non-standardized fixed oil

1.3-6 grams of evening primrose oil, per day (Brayfield and Cadart 2024; IOM 2006; Mills and Bone 2005; WHO 2002; Keen et al. 1993).

Method of preparation: Standardized fixed oil

1.3-6 grams of evening primrose oil, per day (Brayfield and Cadart 2024; IOM 2006; Mills and Bone 2005; WHO 2002; Keen et al. 1993) standardized to:

- 7-14% gamma-linolenic/gamolenic acid (GLA), and/or
- 65-85% linoleic acid (LA).

Note: The following potency information is considered as additional information and can be included on the label: XX% total omega-6 fatty acids.

Direction(s) for use

No statement required.

Duration(s) of use

No statement required.



Risk information

Caution(s) and warning(s)

No statement required.

Contraindication(s)

No statement required.

Known adverse reaction(s)

No statement required.

Non-medicinal ingredients

Must be chosen from the current Natural Health Product Ingredient Database (NHPID) and must meet the limitations outlined in the database.

Storage conditions

Must be established in accordance with the requirements described in the *Natural Health Products Regulations*.

All products (information for industry; not for labelling)

To be packaged in airtight container, protected from light (Ph.Eur. 2023; USP-NF 2023).

Specifications

- The finished product specifications must be established in accordance with the requirements described in the Natural and Non-prescription Health Products Directorate (NNHPD) Quality of Natural Health Products Guide.
- The medicinal ingredient must comply with the requirements outlined in the NHPID.



EXAMPLE OF PRODUCT FACTS:

Consult the Guidance Document, [Labelling of Natural Health Products](#) for more details.

Product Facts
Medicinal ingredient in each softgel <i>Oenothera biennis</i> (Evening primrose oil – Seed) XX mg Providing • XX% gamma-linolenic acid • YY% linoleic acid
Uses <ul style="list-style-type: none"> • Source of essential fatty acids for the maintenance of good health. • Source of omega-6 fatty acids for the maintenance of good health. • Source of linoleic acid for the maintenance of good health.
Warnings
If applicable¹: Allergens: food allergen, gluten (gluten source), sulphites Contains aspartame
Directions Adults 18 years and older: Take X softgel(s), X time(s) per day.
Other information (Add storage information)
Non-medicinal ingredients List all NMIs
Questions? (Call) 1-XXX-XXX-XXXX

¹This section can be removed from the table if the product contains no allergen or aspartame.

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Version History

Publication date	Update type	Summary of main updates (from Feb 2026)
2026-02-27	Minor updates	<ul style="list-style-type: none"> • Introductory notes • Common names • Addition of the dosage form “Capsule, soft, enteric-coated” • Adjustment of the linoleic acid claim • Additional note for the optional indication of the total omega-6 fatty acids percentage on the label • Revision of the storage conditions (not for labelling) • Inclusion of a Product Facts Table example • Reference section • Inclusion of version history information
2018-09-25	Validation	–
2008-07-16	Initial release	–