

Evening Primrose Oil

What is evening primrose oil?

Primrose oil is extracted from the seeds of evening primrose plants, which grow wild in Pennsylvania fields but are also cultivated for use as a supplement.

How does it work?

Primrose oil is an herbal supplement which provides your body with the building blocks (GLA and essential fatty acids) to make natural prostaglandins, which are responsible for softening cervical tissues and increasing flexibility in the pelvic ligaments. Like a vitamin for your cervix, evening primrose oil seems to enhance the complex system of biochemical messages which initialize labor, rather than simply causing contractions via bowel or uterine irritation.

Who should take this supplement?

- Women who are expecting their first baby
- Women who have previously gone past their due date
- Women desiring a VBAC
- Women anticipating induction of labor

Who should not take it?

- Women who are less than 36 weeks pregnant
- Women who have advanced cervical dilation (more than 3 cm)

How do you take it?

Primrose oil is available in the herbal section of most pharmacies and some grocery stores. It is available in 500mg, 1000mg, 1300mg, or 1500mg gencaps.

Starting at 36 weeks, the recommended daily dose is 4500mg. You may choose from one of the following regimens, depending on the strength of the capsule you buy:

- 500mg: Take three capsules three times a day (total of 9 a day)
- 1000mg: Take one capsule in the morning and at noon, two capsules at night (total of 4 a day)
- 1300 or 1500mg: Take one capsule three times per day (total of 3 a day)

Is it ever too late to start primrose oil?

It is never too late to start; however, we have noticed the best results when women take it consistently for several weeks.