

FOODS HIGH IN GAMMA- LINOLENIC ACID

Gamma-Linolenic Acid also known as GLA is a semi-essential fatty acid that can be manufactured in the body from the diet. The body is able to convert fats found in raw nuts and seeds to GLA.

Unfortunately people suffering from pyroluria have an inability to manufacture an enzyme called Delta - 6 - Desaturase. Delta - 6 - Desaturase is required to convert linolenic acid (found in nuts and seeds) to GLA. Zinc and vitamin B6 are essential for proper Delta - 6 - Desaturase activation.

While supplementation of Gamma-Linolenic Acid for pyroluria sufferers is essential, it should not be the only source of GLA. The Foods listed below, not only contain good amounts of GLA but are rich in antioxidants and other essential disease fighting nutrients. Pyroluria sufferers should try to include a variety of these foods in their daily eating regime.

The chart below represents foods with high and good levels of GLA.

HIGHEST SOURCE

- Black Currant Seed Oil
- Borage Seed Oil
- Red Currant Seed Oil

HIGH SOURCE

- Evening Primrose Oil
- Hemp Seed Oil
- Spirulina

GOOD SOURCE

- Avocado
- Brazil nuts
- Chicken liver
- Hemp Seed
- Peanuts
- Pine nuts

