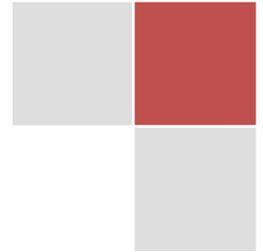




E. EXCEL

O-Seed™

Questions & Answers



Q What is *O-SEED™*?

A Made from chia seed and kiwi fruit seeds, *O-SEED* capsules are a wholesome source of plant-based omega-3 fatty acids to support heart and brain health. *O-SEED* is suitable for vegetarians and those who do not like the fishy taste or burp of fish oil supplements.

Q What is unique about *O-SEED™*?

A *O-SEED* promotes good health in these ways:

- A safe and convenient source of alpha-linolenic acid (ALA)
- Made from a unique combination of chia seeds and kiwi fruit seeds, both excellent sources of ALA
- More omega-3s than omega-6s (healthier)
- High in antioxidants
- Excellent source of natural vitamin C
- Suitable for vegetarians
- Does not contain animal products, by-products or derivatives, starch, gluten, preservatives, yeast, wheat, corn or dairy

Q What benefits does *O-SEED™* have over fish oil supplements?

A *O-SEED* has the following benefits:

- Rich in ALA, an omega-3 essential fatty acid found only in plants
- No fishy smell and aftertaste
- No risk of toxic contaminants
- No unpleasant side effects associated with fish oil supplements, e.g. diarrhea, abdominal bloating, nosebleeds
- Fish oil may interact with medications, e.g. blood thinners, aspirin and high blood pressure drugs
- An overdose of fish oil can lead to increased risk of stroke
- Will not deplete vitamin E
- Zero cholesterol and fat

Contains healthful antioxidants, phytochemicals and polysaccharides

Q Is *O-SEED™* suitable for vegans?

A Yes. *O-SEED* is made from wholesome chia seeds and kiwi fruit seeds. However, strict vegans may want to open the capsule and take the contents only because E. EXCEL does use bovine gelatin capsules.

Q Who should take *O-SEED™*?

A Anyone who needs a safe and wholesome source of plant-based omega-3 fatty acids, especially vegetarians.

Q Is *O-SEED™* safe?

A Yes. *O-SEED* is made from chia seeds and kiwi fruit seeds. Produced in GMP-certified manufacturing plants, *O-SEED* does not contain animal products, by-products or derivatives, starch, gluten, preservatives, yeast, wheat, corn or dairy.

Q Do children need omega-3 fatty acids?

A Yes, children and infants need omega-3 fatty acids. DHA, one of the omega-3 fatty acids, is found in the brain in large quantities and is important for neurological development and growth. The human body can convert ALA into DHA.

Q Are nuts such as walnuts a healthy source of omega-3?

A A healthy source of omega-3 fatty acids has more omega-3s than omega-6s. Walnuts have more omega-6s than omega-3s.

Q Why does *O-SEED™* use the whole chia seed and kiwi fruit seed instead of extracted oils?

A Eating the seeds whole is superior to consuming the extracted oils:

- Oils have higher calories and less phytonutrients.
- The whole seeds have more antioxidants and other phytonutrients.
- Other nutrients in the whole seeds complement omega-3 fatty acids.
- The human body more easily absorbs omega-3 fatty acids in their wholesome form.

Q Would eating chia seed lower my blood pressure too much?

A The recommended dosage is not enough to lower blood pressure to dangerous levels.

Q Will chia seed cause gas and bloating?

A When consumed in large quantities, chia seed may cause bloating and gas due to its high fiber content, but not in the amount in *O-SEED* capsules.

Q Can I take *O-SEED™* if I am allergic to kiwi fruit?

A People who are allergic to kiwi fruit are mostly allergic to the skin of the kiwi fruit. *O-SEED* uses only the seed of the kiwi fruit. But if you are allergic to kiwi fruit, you may be allergic to *O-SEED*. Hence, it is best to take special precautions.

Q Do I need to supplement my intake of omega-6 fatty acids?

A Omega-6 fatty acids are readily available in vegetable oils and processed foods. Most people already get too much omega-6 fatty acids in their diet. What's more, University of Toronto scientist Stephen Cunnane has discovered a significant methodology error in the research used to determine the dietary requirement for linoleic acid (LA), an omega-6 fatty acid. This error overestimates LA requirements by 5 to 15 times. Evening Primrose Oil (EPO), a common omega-6 supplement, contains about 72% LA. LA tends to be unhealthy because it promotes inflammation.

Q Which products are best taken with *O-SEED™*?

A To support cardiovascular health, take *O-SEED* with *Nutricardia™* and *Circle®*.

