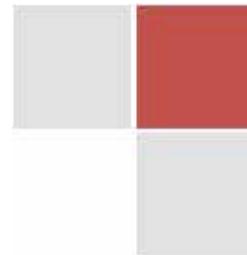




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Vegaplex™ Questions & Answers



Q What is Vegaplex™?

A Vegaplex™ capsules are a source of vitamin B₁₂ and wholesome plant foods that provide iron, antioxidants and polysaccharides. Made from ABM and maitake mushrooms, acerola cherries and blueberries. Vegaplex™ is suitable for vegetarians and those who want to enhance their absorption of vitamin B₁₂ and iron.

Q What is unique about Vegaplex™?

A Vegaplex™ promotes overall health:

- Excellent source of vitamin B₁₂, natural vitamin C and nonheme iron. All nutrients except vitamin B₁₂ are from wholesome plant sources.
- Contains antioxidant-rich wholesome plant foods to enhance absorption of vitamin B₁₂.
- Abundant in polysaccharides to nourish the immune system.
- Suitable for vegans and vegetarians.
- Does not contain animal products, by-products or derivatives, starch, gluten, preservatives, GMOs, yeast, wheat, corn or dairy.

Q Where are the vitamin C and iron in Vegaplex™ from?

A Vitamin C and iron in Vegaplex™ come from wholesome plant foods.

Q What benefits does Vegaplex™ have over vitamin B₁₂ and iron pills?

A Vegaplex™ has the following benefits

- Zero cholesterol and fat
- Lower in calories
- Rich in healthful antioxidants, phytochemicals and polysaccharides
- More fiber
- No additives
- No risk of iron overdose or side effects

Q Is Vegaplex™ suitable for vegans?

A Yes. Vegaplex™ is made from wholesome ABM mushroom, maitake mushroom, acerola cherries and blueberries. Its capsule casing is made from hypromellose, a cellulose material derived from softwood trees, and is entirely vegetarian.

Q Who should take Vegaplex™?

A Anyone who needs a safe source of vitamin B₁₂, for example, vegetarians and vegans.

Q How much vitamin B₁₂ do Vegaplex™ capsules contain?

A Three capsules (1 serving) would provide 36% of the vitamin B₁₂ required by an adult. The liver stores some vitamin B₁₂, so the amount provided is more than sufficient.

Q Is Vegaplex™ safe?

A Yes. Vegaplex™ is made from ABM mushroom, maitake mushroom, acerola cherries and blueberries. Produced in GMP-certified manufacturing plants, Vegaplex™ does not contain animal products, by-products or derivatives, starch, gluten, preservatives, GMOs, yeast, wheat, corn or dairy.

Q Do children need vitamin B₁₂?

A Yes, children and infants need vitamin B₁₂.

- Q** **Is animal liver a healthy source of vitamin B₁₂?**
- A** The liver is a filtering and detoxifying organ, so it may contain higher levels of toxins. It is best to avoid animal liver as a primary source of vitamin B₁₂.
- Q** **What about vitamin B₁₂ injections or liquid vitamin B₁₂?**
- A** Widely and readily available, doctors may prescribe such sources of vitamin B₁₂ for B₁₂ deficiencies. However, *Vegaplex™* provides more than just vitamin B₁₂. It contains many other nutrients for better nourishment and absorption of vitamin B₁₂. Vitamin B₁₂ injections may cause side effects, such as hives, chest tightness and breathing troubles.
- Q** **Why does *Vegaplex™* use whole ABM mushroom, maitake mushroom, acerola cherries and blueberries instead of extracted vitamin C and iron?**
- A** Eating plant foods whole is superior to consuming extracted vitamin C and iron:
- Plant foods contain a variety of antioxidants, polysaccharides and phytochemicals that nourish the immune system, while extracted vitamin C and iron contain only limited nutrients.
 - Extracted vitamin C and iron can easily lead to overdose and side effects, while there is no risk of overdose from eating wholesome plant foods.
 - Nutrients in wholesome plant foods are more easily absorbed by the body than extracted nutrients.
- Q** **Will eating ABM mushroom and maitake mushroom increase my iron levels too much?**
- A** As long as iron consumed is from plant foods, there will be no risk of overdose. The body absorbs iron from plant foods according to its needs.
- Q** **Will eating *Vegaplex™* with POLY5 cause polysaccharide overdose?**
- A** No. As long as polysaccharides consumed are from plant foods, there will be no risk of overdose. The polysaccharides in *Vegaplex™* and POLY5 are from wholesome plant foods, hence there is no concern of overdose.
- Q** **Can I take *Vegaplex™* if I am allergic to any of its ingredients?**
- A** If you are allergic to any ingredient in *Vegaplex™*, you may be allergic to the product. Hence it is best to take special precautions.
- Q** **Why are other minerals and vitamins not included?**
- A** *Vegaplex™* provides vitamin B₁₂ as it is not found naturally in a vegetarian diet. Other nutrients such as vitamins and minerals are best obtained from plant foods.
- Q** **Which products complement *Vegaplex™*?**
- A** For nutritional supplementation for vegetarians and women lacking iron and omega-3 fatty acids, complement *Vegaplex™* with *O SEED™*. For nutritional supplementation of iron and calcium, complement *Vegaplex™* with *A'Romantic™*.

