



O-SEED®

Source of Essential Fatty Acids for the Maintenance of Good Health*

Benefits

- Supports healthy omega-3 fatty acid levels in the body
- Helps Improve blood circulation, blood vessel function and vein health
- May help regulate blood pressure
- Supports bone, brain and eye health

Omega-3 fatty acids are essential to human health. In particular, alpha-linolenic acid (ALA) must be available in the diet because the body cannot produce it. The most readily available sources for ALA and other omega-3 fatty acids are ocean fish and oils derived from them. But these sources are not an option for vegetarians, who turn to a variety of seeds and nuts, which also contain ALA.

How O-Seed Works

Essential fatty acids come in two groups—omega-6 and omega-3. Each is important. However, a normal diet contains far more omega-6 fatty acids than omega-3s, which may lead to an imbalance between the two. A good ratio of omega-6 to omega-3 is approximately 1:1, or equal amounts of each. Most omega-6s in the diet come from oils used in cooking, which have omega-6 to omega-3 ratios ranging from canola oil at 2:1 to safflower oil at 365:0.

O-Seed® contains a combination of chia seed and kiwi fruit seed, which have two of the highest levels of ALA omega-3 fatty acid of any plant sources. Chia seed contains 64% ALA, while kiwi fruit seed contains 62% ALA. Together they provide a good source of ALA, and help to balance the omega-6 to omega-3 ratio in your diet.

Nutritional Immunology Formulation

Based on the science of Nutritional Immunology, O-Seed's unique formula provides a safe, effective method of making sure your body receives the natural omega-3 fatty acids it needs. In addition, O-Seed provides healthy phytochemicals, antioxidants and polysaccharides not available in animal products. Antioxidant activity in chia seed includes chlorogenic acid, caffeic acid, flavonol glycosides, kaempferol, quercetin and myricetin. Kiwi fruit seed is very high in vitamin C, polyphenols and tocotrienols, all of which help fight free radical damage. These seeds also help provide some additional fiber in the diet. For tiny little seeds, these two pack a powerful Nutritional Immunology punch that O-Seed brings to you!



These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

E. EXCEL Nutritional Immunology® Whole Food Concentrates

E. EXCEL Nutritional Immunology®, a science pioneered by world-recognized immunologist and microbiologist, Dr. Jau-Fei Chen, PhD, advocates supporting the immune system with a healthy, whole-foods diet. After years of research in Oncology and Immunology, Dr. Chen found that the best defense against life's most common health risks is to build a healthy immune system through smart lifestyle choices where whole plant foods play a vital role.

Herbal Whole Food Concentrates

E. EXCEL's whole food concentrates are Nutritional Immunology formulations available in convenient capsules for swallowing. Or, open them and consume them in a tea or with a meal—making it that much easier to make sure you are eating a wide variety of healthy plant foods.

Our unique concentrates deliver optimal levels of the polysaccharides, antioxidants and phytochemicals found in whole plant foods—not isolated elements that support vitamin and mineral claims. We start with premium quality ingredients, grown and harvested in conditions that yield the highest levels of immune-supporting compounds. Then we prepare our ingredients with only water—no harsh chemicals. We use freeze-drying to help preserve the energy stored as plant enzymes in our ingredients.

Taken according to the directions on the label, they are safe for all ages, should not cause harmful side effects and pose no risk of "accidental overdose" because their ingredients are whole foods.

Immune System Support

Every major organ system in the body relies on the immune system to defend it around the clock from viruses, bacteria, parasites and allergens—as well as free radicals, DNA damage, insulin resistance and the aftermath of inflammatory responses.

The better the immune system does these jobs, the healthier we are. Each E. EXCEL whole food concentrate supports functions of specific body systems by balancing the immune system's activity or "energy" in that system. Ultimately, if used properly along with other healthy lifestyle choices, each E. EXCEL Nutritional Immunology® whole food concentrate brings balance to the body, both mentally and physically, resulting in reduced health risks and a better quality of life.