

Q. DOES EFANATAL[®] HAVE ANY SIDE EFFECTS?

A. Side effects are **very** rare and may include headache, nausea, soft stool, diarrhoea or other gastrointestinal disturbances. These can usually be eliminated by taking the product with food and/or reducing the dose to one capsule per day and then slowly increasing the dose up to the recommended amount over the course of a week. People who take the product on an empty stomach tend to have more digestive side effects.

Q. CAN I TAKE EFANATAL[®] WITH OTHER MEDICATIONS OR SUPPLEMENTS?

A. There are no known interactions of Efanatal[®] with other natural health products. You should consult a qualified health care provider if you are taking anticoagulants, epileptogenic drugs, ASA, or phenothiazines. Anyone under medical supervision or taking medication should consult their health care provider before taking **any supplement including Efanatal[®]**.

Q. DO I TAKE EFANATAL[®] UNTIL I GIVE BIRTH AND THEN STOP TAKING IT?

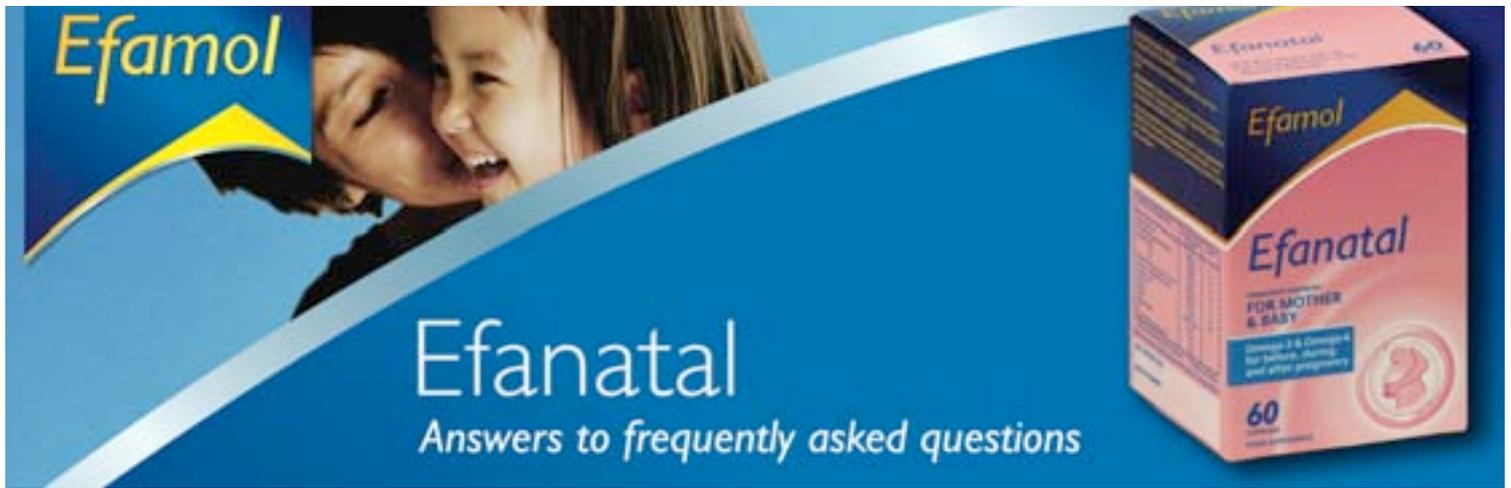
A. Efanatal[®] is designed to take during breast-feeding as well as during pregnancy. In fact, supplementation during breast-feeding is particularly important because DHA and AA are preferentially transferred from the mother's body into her milk and her body can become depleted, a possible contributing factor to postnatal depression.

Q. WHO SHOULD NOT TAKE EFANATAL[®]?

A. People with blood clotting disorders that are not under qualified health care supervision.

Q. DO YOU RECOMMEND ANY OTHER PRECAUTIONS WHEN TAKING EFANATAL[®]?

A. High DHA tuna oil contains the same fatty acids that are normally found in tuna. EPO is not a normal food item but has been extensively tested in a whole range of toxicity trials. These included measurements of acute toxicity, chronic toxicity, carcinogenicity and reproductive toxicity. Results of all these studies showed a lack of toxicity. This is not surprising since EPO is composed of fatty acids that are normal components of your body.



Q. WHAT SHOULD MOTHERS GIVE TO THEIR BABIES IN THE PERIOD BETWEEN WHEN THEY STOP BREASTFEEDING AND THE AGE OF, SAY, 3 YEARS? SINCE BABIES GENERALLY CANNOT FORM ENOUGH OF THEIR OWN LC-PUFA'S UNTIL THEY'RE 1-2 YEARS OLD, PEOPLE WORRY THAT THEIR BABY IS NOT GETTING ENOUGH LC-PUFA'S AFTER BREASTFEEDING STOPS.

A. Parents should speak to their health care provider about giving their child some Efanatal® (the oil from one or two capsules per day mixed with their food). Based on available research, there is no reason to suspect that giving the product in that age group would have an ill effect. However, we do not sell the product for that age group, so the decision is really up to the mother and her health care provider.

We do not recommend adding any supplement including Efanatal to reconstituted infant milk formula for bottle feeding.