



### Q. DOES EFAMOL® EPO CAUSE ANY SIDE EFFECTS?

**A.** Clinical studies using Efamol® EPO, in a wide range of diseases have included monitoring for potential side effects. Outside the context of clinical trials, well over 1,000,000 Kg of EPO have been taken since the mid 1970's. This wide consumer use has provided ample opportunity to collect reliable information about any side effects that may be associated with the product. Side effects are **very** rare and may include headache, nausea, soft stool, diarrhoea or other gastrointestinal disturbances. The digestive upsets 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 taking the product on an empty stomach tend to have more digestive side effects.

### Q. CAN I TAKE EFAMOL® EPO WITH OTHER MEDICATIONS OR SUPPLEMENTS?

**A.** There are no known interactions of Efamol® EPO 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 Efamol® EPO**.

### Q. DOES EFAMOL® EPO AFFECT ESTROGEN LEVELS?

**A.** No. Various hormone levels were monitored during clinical studies using Efamol® EPO to treat premenstrual syndrome. No changes were found in the levels of follicle stimulating hormone, leutinizing hormone, prolactin, progesterone, estradiol (estrogen) or testosterone<sup>1</sup>.

1. Puolakka J, Mäkäräinen L, Viinikka L, Ylikorkala O Biochemical and clinical effects of treating the PMS with prostaglandin synthesis precursors. *The Journal of Reproductive Medicine* 1985;Vol.30, No.3 March: 149-153.

### Q. IS EVENING PRIMROSE OIL FATTENING?

**A.** No. Each 500 mg capsule contains approximately 5 calories.



**Q. DO I TAKE EFAMOL® EPO UNTIL I GET BETTER AND THEN STOP TAKING IT?**

**A.** Efamol® EPO is considered a daily supplement and should be taken as long as you want to maintain a satisfactory condition. Fatty acid supplementation does not "fix" a problem in the body. Instead, it provides nutrients that your body needs to by-pass the problem. Therefore, if you stop taking the supplement, the problem will recur.

**Q. WHO SHOULD NOT TAKE EFAMOL® EPO?**

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

**Q. DO YOU RECOMMEND ANY OTHER PRECAUTIONS WHEN TAKING EFAMOL® EPO?**

**A.** EPO has been extensively tested in a whole range of toxicity trials that 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 evening primrose oil is composed of fatty acids that are normal components of your body.

**Q. HOW LONG WILL IT TAKE BEFORE I SEE RESULTS?**

**A.** It normally takes about twelve weeks before you will notice an improvement in your health. Fatty acid supplementation provides nutrients that have been depleted from your body and correcting this takes time to achieve maximum benefit. Therefore, allow at least three months before evaluating whether the treatment is effective for you.