



NATURESCROPS
INTERNATIONAL

P.O. Box 248, 12682 Route 6
Kensington, PEI C0B 1M0, Canada
P +1 902-836-3332 F +1 902-836-4506

www.naturescrops.com

Ahiflower® Statement in Response to Frontline/NYT Segment

On January 19th, 2016, PBS aired an hour-long segment challenging the safety, integrity, and health science of dietary supplements. On PBS Frontline's web [site](#), the editors published a list of 5 questions that consumers should ask about any particular dietary supplement before taking it. Ahiflower oil is produced exclusively by Natures Crops International which controls the entire process "from soil to oil, naturally" including oilseed farming, oil processing and refining, and sales to trademark-licensed consumer brands in the USA and EU. This complete control over the traceability, identity, purity, and potency sets Ahiflower apart from the concerns raised by the Frontline/NYT segment.

Our responses to the 5 questions posed by Frontline/NYT are as follows:

1. Has the product triggered any health warnings or sanctions?

No. Ahiflower oil has been reviewed for safety by two of the world's leading health regulatory bodies (FDA and EFSA). Ahiflower oil is approved for sale in foods and dietary supplements in the USA and the EU.

2. Has the product been tested by independent labs?

Yes. Each master batch of Ahiflower oil is tested to strict international standards by accredited third-party laboratories for all potential contaminants or impurities. Each master batch of Ahiflower vegan softgels are further tested by independent labs to assure purity and potency. Since NCI completely controls the botanical identity and potency of Ahiflower "from soil to oil" under our Crop Assured 365® purity, traceability, and identity system, Ahiflower licensed brands have complete transparency and traceability in the Ahiflower chain of custody. No commercially available omega oil has a tighter assurance of 100% label compliance backed by independent laboratory testing.

3. Is the product too good to be true?

No. Ahiflower is now the richest effective combined essential fatty acid source from a single non-GMO plant. Ahiflower's highest stearidonic acid (SDA) content plus its gamma linolenic acid (GLA) content make Ahiflower an optimally and naturally-balanced vegan omega-rich oil. Results from human clinical trials demonstrate that long-chain omega-3 from Ahiflower oil is up to 4 times more

FROM SOIL TO OIL. NATURALLY.

bioavailable than other typical plant-derived omega-3's which consist mainly of alpha-linolenic acid (ALA), a less bioavailable omega-3 fatty acid.

4. Is there evidence that the supplement does what it promises?

Yes. Ahiflower has been clinically tested in humans with peer-reviewed results published in the *British Journal of Nutritional Science* (January 2016). Ahiflower oil has been proven to have up to 4x better omega-3 EPA accrual vs. flaxseed oil, plus beneficial anti-inflammatory DGLA accrual. These are facts established by independent peer-reviewed clinical research in humans.

5. Do I really need supplements? If so, am I taking the right amount?

Many people consuming a typical Western diet rich in pro-inflammatory omega-6 fatty acids (LA, ARA) are not consuming enough beneficial long-chain omega-3 fatty acids. This is well established in peer-reviewed literature. A broad consensus among world health authorities and doctors has emerged that people need to consume 200-250 mg omega-3 EPA per day to ensure cardiovascular health. For vegetarians and vegans especially, but anyone who chooses not to consume oily fish, plant-based omega supplementation helps assure that minimum recommended EPA intakes are reached.

Ahiflower oil achieves minimum recommended EPA levels in most humans through consuming 3 x 750 mg softgels or half a teaspoon (2.5 ml) per day as part of a healthy diet.