

## Seacure® Questions & Answers

{slide-vertical-closed=What is Seacure®?}

Although Seacure® is considered a dietary supplement, you might also think of it as a "whole-food" product because it is made from fish fillets, just like you'd buy at the supermarket. Proper Nutrition's patent-pending process gently breaks down the fish protein into amino acids (the building blocks of protein) and peptides (several amino acids bound together but not enough to be a protein). After the water is removed, we are left with all the nutrients of the fish, including the omega-3 fatty acids, phospholipids and trace minerals.

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{slide-vertical-closed=What is meant by "pre-digested"?

Pre-digestion means that the protein of Seacure® is already digested and immediately available for absorption, assimilation, and utilization by your body. This pre-digestion feature makes Seacure® especially suitable for malnourished people such as is often seen with the elderly, and those with digestive problems such as irritable bowel syndrome, Crohn's disease, and colitis.

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{slide-vertical-closed=What is Body-Ready?}

Body-Ready simply means that your digestive system does not have to do anything to the nutrients in Seacure® for them to be absorbed and assimilated. This is a great advantage for the many of us who do not digest and absorb our nutrients very well, owing to illnesses, food allergies, environmental challenges, etc. The excellent balance of amino acids in Seacure® tend to enhance the value of other nutrients in your diet, and this overall improvement supports the body's inherent ability to heal itself.

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{slide-vertical-closed=What are phospholipids? }

Phospholipids are a class of natural compounds containing phosphorus, fatty acids, and a nitrogenous base. They are associated with proper nerve function.

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{slide-vertical-closed=What are omega-3 fatty acids and why are they important? }

Omega-3 fatty acids are the unsaturated fatty acids so important for the health of the cardiovascular system. Many studies have shown that a diet rich in omega-3 fatty acids slows arteriosclerosis.

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{slide-vertical-closed=How much Seacure should I take?}

Unless a doctor recommends otherwise, we suggest taking six capsules (3 grams of Seacure®) daily.

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{slide-vertical-closed=Can I take too much Seacure? }

Not really. A three-gram dose of Seacure® was produced from approximately 1/2 ounce of fish. A 180-count bottle of Seacure® contains approximately 70 grams of protein that roughly represents the protein needs of an active 200-pound man. Nonetheless, we don't recommend you use in excess of 3 grams per day (6 capsules) without your doctor's approval.

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{slide-vertical-closed=When should I take Seacure®? }

It's considered best to take the Seacure® capsules before meals, but timing is not critical to receive benefits.

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{slide-vertical-closed=Is Seacure safe for children and pregnant or nursing mothers? }

Yes. Seacure® was developed in response to the protein needs of malnourished infants and expectant mothers in third-world countries. It was tested extensively during the 1960's in Brazil and found to be not only safe but also very effective. Pregnant or nursing mothers should always consult with their doctors when taking any medication or nutritional supplement.

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{slide-vertical-closed=What kind of fish is used in the manufacture of Seacure®? }

Seacure® is made from lean, deep-ocean white fish. The species that have been used include pollack and hake. For the past several years, Seacure® has been made from Pacific whiting (a type of hake, Merluccius productus) caught in great quantities in the Pacific Northwest. The whiting fishery is carefully managed and is expected to produce sustainable yields for the foreseeable future. Combined U.S. and Canadian yearly catch of Pacific whiting exceeds 200,000 metric tons.

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{slide-vertical-closed=Where is the fish caught that is used in the manufacture of Seacure®? }

Pacific whiting is caught in the clean deep waters of the Pacific Northwest.

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{slide-vertical-closed=Can Seacure® be taken while I'm on prescription medication? }

Yes, unless your doctor tells you otherwise. Think of Seacure® as a "whole-food" product. If you are allowed to eat fish while on your prescription medication, then use of Seacure® will not be a problem.

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{slide-vertical-closed=Does Seacure® interfere with other dietary supplements? }

No. Seacure® is a "whole-food" product, not an extract or derivative. As a matter of fact, many doctors tell us that Seacure® is synergistic with many of the other nutritional, herbal, and homeopathic remedies they recommend.

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{slide-vertical-closed=Is Seacure® ever contra-indicated? }

No. But people with certain serious kidney problems should be careful not to consume too much protein. The total protein content of the recommended dosage of Seacure® is not excessive, however, and should not pose any problems with this situation.

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{slide-vertical-closed=I'm allergic to seafood. Can I still take Seacure®? }

Most people who are allergic to seafood tolerate Seacure® very well. We've never seen an instance of a true allergy with Seacure®. Nonetheless, if you have sensitivities or allergies to seafood we recommend that you consult your doctor before using Seacure®.

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{slide-vertical-closed=Seacure® smells like fish. Will it make me smell like fish? }

No. Unlike fish oil capsules that are notorious for repeating and odor problems, Seacure® is a powder of mostly protein and will not function the same way.

As you might expect, our concentrating fish into a powder also concentrates the fish odor. The odor, however, is largely confined to the bottle and most people find that a dose placed outside the bottle for a few moments dissipates the odor. Some keep their bottles in the refrigerator or freezer to suppress the activity of volatile odor molecules.

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{slide-vertical-closed=What is the shelf life of Seacure®? }

Seacure® is dehydrated by a method known as spray drying. Like most of the powdered products in your kitchen cabinet, Seacure® is stable for an indefinite period when stored in a dry place, away from excessive heat.

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{slide-vertical-closed=How should I store Seacure®? }

Seacure is stable for an indefinite period when stored in a dry place away from excessive heat.

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{slide-vertical-closed=What is the effective ingredient in Seacure®? }

There is no one effective agent in Seacure® to our knowledge. The quality protein of Seacure® and the availability of bioactive peptides are probably key components in Seacure®.

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{slide-vertical-closed=Besides fish, what ingredients are in Seacure®? }

During the manufacturing process the raw fish is liquefied. An oleoresin of the herb rosemary is added to this liquid

phase prior to drying in order to act as a natural anti-oxidant for the small amounts of fish oils in the liquid.

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{slide-vertical-closed=What kind of capsule is Seacure® contained in? }

Seacure® is encapsulated in clear, natural, size 0 beef gelatin capsules.

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{slide-vertical-closed=My children are too small to take capsules. How can I give Seacure® to small children or those unable to swallow capsules? }

The Seacure® capsules can be pulled open to empty their contents. Mixing the powder into a food like applesauce has worked well.

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{slide-vertical-closed=How long should one use Seacure®? }

Most people continue to take Seacure® to maximize good health even after Seacure® has shown a benefit to an immediate problem like irritable bowel syndrome.

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{slide-vertical-closed=Is Seacure® approved by the FDA? }

The U.S. Food and Drug Administration (FDA) does not "approve" dietary supplements because the word would imply that the FDA is endorsing those items they approve. The FDA has issued a Certificate of Free Sale for Seacure® which states, in part:

"This product is regulated by the Food and Drug Administration pursuant to the requirements of the Federal Food, Drug and Cosmetic Act and the Fair Packaging and Labeling Act and other related laws."

Later in that Certificate, it states,"...we can state that such a product may be freely marketed in the United States or exported..."

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{slide-vertical-closed=Is Seacure® a meal substitute? }

No. The protein of a recommended daily dose of Seacure is not adequate to be considered a source of dietary protein.

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{slide-vertical-closed=Does Seacure® suppress appetite? Is Seacure® a diet pill? }

Consumers have told us that Seacure® tends to satisfy the appetite when other necessary nutrients are supplied to the diet in proper amounts. On the other hand, in cases of malnutrition, or so-called "wasting" owing to a debilitating disease such as AIDS, Seacure® has been shown to help maintain mass.

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{slide-vertical-closed=Are the mercury levels in Seacure® safe?}

Yes. Every single batch of Seacure® is tested. The levels of Mercury in Seacure® consistently test out to be LESS than 0.4 parts per million.

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