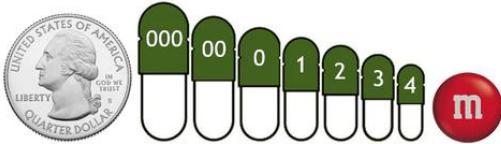


FAQ Lists:

Q1- What is the size of our capsule (both vitamin and fish oils)

Answer: Our size is the 00 in the following categories



ACTUAL FILL WEIGHTS MAY VARY DEPENDING ON POWDER CHARACTERISTICS

CAPSULE SIZE	AVERAGE FILL WEIGHTS (mg)			TYPICAL VOLUME (ml)	LOCKED LENGTH +/- 0.76 (mm)
	LIGHT	TYPICAL	HEAVY		
000	615	960	1370	1.37	26.14
00	430	665	950	0.95	23.30
0	305	475	680	0.68	21.70
1	225	350	500	0.50	19.40
2	165	260	370	0.37	18.00
3	135	210	300	0.30	15.90
4	95	145	210	0.21	14.30

Q2- Why there is no “non-GMO” certification on the label of our products.

Answer- Besides we could hardly use GMO animal sources for our fish oil, it is now by default every product should use non-GMO materials as required by the U.S. government since 2022. Therefore, it does not make much sense for us to advertise this feature. Correct, we will no longer see other brands utilize the term “non-gmo” it will be phased out in the next 1-2 years.

Q3- Can Male users also take our products? Would there be any benefit for our male users?

Answer- Male users could definitely consume our products and receive benefits from them. The only difference between prenatal products and regular products lies in several featured nutrients specifically for ttc. In fact, our fish oil, with a superior amount of DHA, could be also beneficial for male users' sperms. Need Proof

[https://pubmed.ncbi.nlm.nih.gov/29451828/#:~:text=The%20analysis%20showed%20that%20omega,%2C%20I2%20%3D%2098%25\).](https://pubmed.ncbi.nlm.nih.gov/29451828/#:~:text=The%20analysis%20showed%20that%20omega,%2C%20I2%20%3D%2098%25).)

The analysis showed that omega-3 treatments significantly increased the sperm motility (RR 5.82, 95% CI [2.91, 8.72], $p < .0001$, $I^2 = 76\%$) and seminal DHA concentration (RR 1.61, 95% CI [0.15, 3.07], $p = .03$, $I^2 = 98\%$)

<https://onlinelibrary.wiley.com/doi/full/10.1111/andr.12649>

Fourteen of the included studies found an improvement or association between omega-3 and at least one semen quality marker.

Q4- Do we have FDA certification for our products?

Answer- It is not required in the vitamin industry to have FDA approval. Yet, we have the necessary documents to prove the uniformity of our actual products to our claimed nutrition facts and production quality