

### **Why is there a warning label on my Omega Nutrition product?**

Not to worry! This label is only present on the product because it is required by California law. Please read forward to understand why you can safely consume all our products and to understand the law responsible for this, California Proposition 65.

### **What is Proposition 65?**

In 1986, California prop 65 was voted in with the intent of allowing California residents to know which cancer causing chemicals they were exposing themselves to. A list of chemicals has been established, and new compounds are regularly added to the list. From 30 chemicals listed at its creation in 1986, the list has grown to over 800 chemical elements and compounds.

For some chemicals, there a “safe harbor” limit: if the item (food) contains less than the limit, it does not require a warning. For all other compounds, the mere presence of the chemical in the item causes it to bear a warning with the following wording:

WARNING: This product contains chemicals known to the state of California to cause cancer and birth defects or other reproductive harms.”

### **How have the “safe limits” been established?**

For chemicals linked to cancers, the limit has been established so that out of 100,000 people being exposed to this level of contaminant daily over the course of 70 years, only one of them would develop a cancer.

For compounds linked to birth defects and reproductive harm, scientists have established a limit that has not been shown to have any effects on laboratory animals or humans, the “no observable limit”. For further safety, they have divided this limit by 1000. A product containing more than 1/1000<sup>th</sup> of the “no observable effect” limit is required to bear a warning label.

### **Why does this law not make sense?**

Although the intent was initially to protect California residents, there is a loophole that allows individuals to sue manufacturers if they find products to be in violation of California Proposition 65 under the pretense that it is in “the public interest”. The fines incurred by the manufacturers are enormous (up to the \$ 2,500 per violation, i.e. product sold in California), and have allowed for-profit law firms to earn/collect/poach/ over \$29 million in settlements in 2014, the vast majority of these going to attorney fees. The number of these lawsuits has increased considerably in recent years there were 760 settled cases totaling approximately \$30 million, because of the huge payoff possibility for plaintiffs.

### **What does that mean for my Omega Nutrition product? Is it safe to consume?**

Yes it is. The reason most food products, including Omega Nutrition’s, carry a warning label is that it contains small amounts of heavy metals: Arsenic, Cadmium, Lead and Mercury.

Heavy metals are found naturally in the environment, even the most preserved ones. When agricultural products are grown on soil containing heavy metals, the product, may it be Spinach, avocados or pumpkins, will absorb trace amounts of it, and as a result, will contain heavy metals.

These are considered “naturally occurring” heavy metals.

Omega Nutrition’s products are all organic and processed as little as possible. There is no way to remove the existing minute amounts of Heavy metals from our products.

The warning statement on our product labels is only there to respect California law. Our products are all well below daily recommendations established by other international health organizations, such as the FOA, WHO or the FDA.