



# FOUNTAIN OF LIFE

IF YOU HAD TO USE  
JUST ONE PRODUCT  
—THE ONE—

10 DROPS A DAY  
TO PROTECT & PRESERVE  
YOUR HEALTH

HIGH PERFORMANCE  
NATURAL ANTIOXIDANT  
WITH POWERFUL BENEFITS



## The Experience Age is upon us.

Over the past two decades, due to the climate, food processing and pollution from chemicals and radiation, our health is deteriorating.

Free radicals from pollution, UV exposure and pesticides can damage our DNA. As well, studies show that chronic inflammation leads to serious health concerns that can include cardiovascular disease, diabetes, mental health problems, arthritis and liver issues.

For years, lignans from our food have served us to protect our bodies from this potential harm. Unfortunately, progress has eliminated much of this from our diets.

We need to embrace the challenges and augment our lignan-poor food sources with a



supplement that boosts their ability to neutralize free radicals and address chronic inflammation.

**Fountain of Life (FOL)** accesses the power of the spectrum of lignans from the Norwegian Spruce Tree. Its incredible antioxidant and anti-inflammatory properties serves to supplement our nutrient poor, refined foods.



## What are Lignans?

Lignans are our best source for dietary antioxidants. These plant nutrients neutralize the impact of free radicals on our body. The highest quality of lignans have been discovered in the Norwegian Spruce Tree.

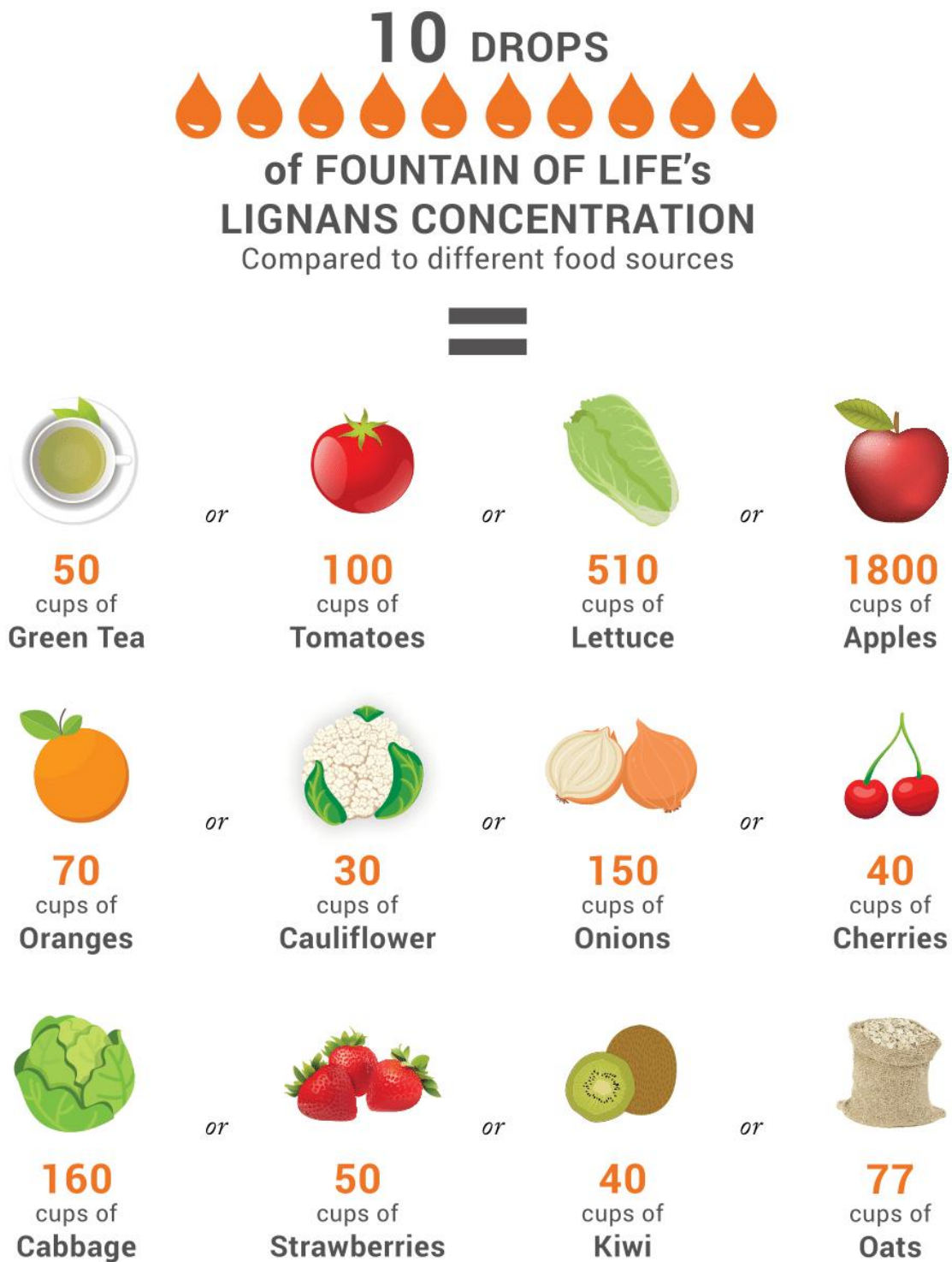
Health professionals recommend an increase in foods containing lignans.

A 30 year study showed 30% less cancer, and 30% less heart disease for those following a high lignan diet.

**Fountain of Life** is the complete lignan source, including 7 essential lignans, predominantly 7-hydroxymatairesinol providing the strength and variety unmatched by any product, fruit or vegetable on the market.



*The highest quality of lignans have been discovered in the Norwegian Spruce Tree.*



## Benefits of Antioxidants from Lignans:



### Protect **Heart** Health

Studies show that people who eat plenty of antioxidant-rich fruit and vegetables, lower their risk of heart disease by up to 65%. There are many studies that prove that antioxidants are important for cardiovascular health.

ALEXANDRA K. ADAMS, M.D., PH.D., ELLEN O. WERMUTH, M.D., M.S., and PATRICK E. MCBRIDE, M.D., M.P.H., University of Wisconsin Medical School, Madison, Wisconsin



### Defend Against **Dementia**

There is evidence that free radicals damage the brain cells of people diagnosed with devastating cognitive conditions. Free radicals seem to cause the clumps of proteins in the brain that are characteristic of Alzheimer's Disease.

J Neural Transm Suppl. 1998;54:211-9.

Free radicals in Alzheimer's dementia: currently available therapeutic strategies.



### Protect **Prostate** Health

As men age, benign growth of their prostate can occur that can lead to lower urinary tract issues. Lignans in the diet will help alleviate the symptoms of benign prostate issues that can cause discomfort and voiding difficulties.

J Endocrinol. 1995 Nov;147(2):295-302.

Inhibition of 5 alpha-reductase in genital skin fibroblasts and prostate tissue by dietary lignans and isoflavonoids.

Evans BA1, Griffiths K, Morton MS.



### Improve **Hair** Health

When testosterone in its more potent form is converted in men, it can lead to hair follicle shrinkage and significant hair loss. Lignans can slow this progression by slowing the conversion, improving hair health while significantly reducing hair loss.



### Control **Diabetes** Complications

There is much promise that antioxidants can alleviate some diabetes symptoms and relieve the pain and discomfort of diabetic neuropathy.

*\* Not recommended for pregnant, and/or breast feeding women and children*

PLoS ONE. 2007; 2(11): e1148. Published online 2007 Nov 7. doi: 10.1371/journal.

pone.0001148

PMCID: PMC2048577

Effects of a Flaxseed-Derived Lignan Supplement in Type 2 Diabetic Patients: A Randomized, Double-Blind, Cross-Over Trial

An Pan,1 Jianqin Sun,2 Yanqiu Chen,2 Xingwang Ye,1 Huaixing Li,1 Zhijie Yu,1 Yanfang Wang,1

Wenjia Gu,1 Xinyi Zhang,2 Xiafei Chen,2 Wendy Demark-Wahnefried,3 Yong Liu,1 and Xu Lin1,\*

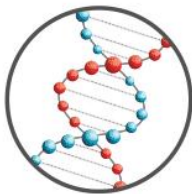
Joel Gagnier, Academic Editor



### Reduce **Breast Cancer Risk**

A recent French study conducted over 7 years with 58,049 women participants concluded that... "High dietary intakes of plant lignans were associated with reduced risks of breast cancer in a Western population that does not consume a diet rich in soy".

Published Journal National Cancer Institute 2007;99:475-86. Touilland, Thiebaut, et al.



### Protect Your **DNA**

Free radicals can damage the DNA in healthy cells which may alter their operating instructions and cause them to reproduce uncontrollably to form cancerous tumours. Lab studies show that phytochemicals (lignans) can stifle tumour development in many ways including scavenging and neutralizing free radicals.

Pharmacogn Rev. 2010 Jul-Dec; 4(8): 118–126.

doi: 10.4103/0973-7847.70902 PMID: PMC3249911

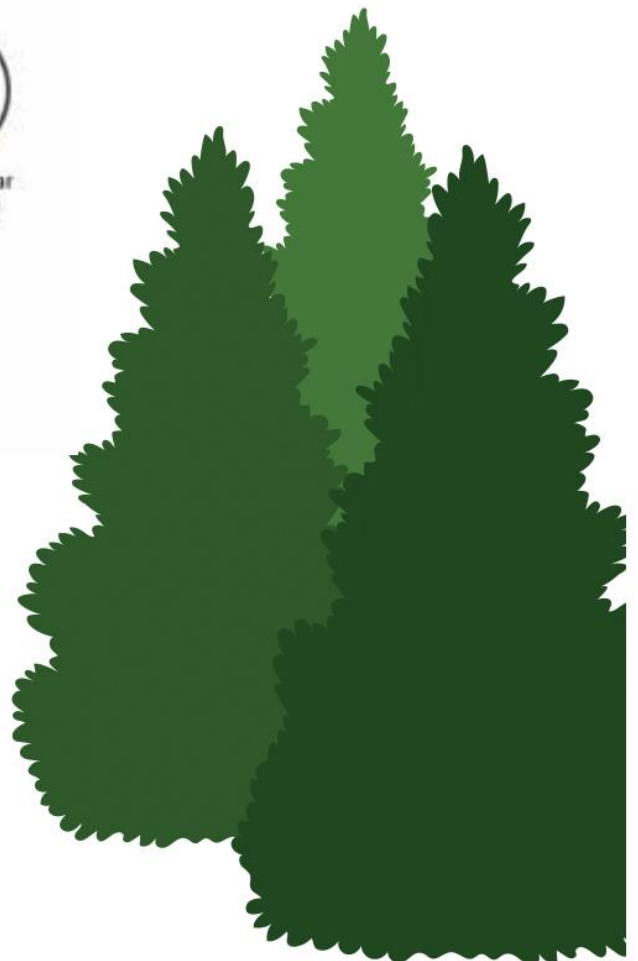
Free radicals, antioxidants, and functional foods: Impact on human health

V. Loco, A. Patil, A Phatak, and N. Chandra

## *Other Benefits of Lignans in the diet:*



Disclaimer: The above antioxidant benefits claims are based on third party research. Webernetics Pte Ltd assumes no responsibility, completeness or timeliness of any third party research. This research is subject to change without notice at any time. Webernetics does not provide any medical advice. Each individuals responsibility includes consulting their family doctor or specialist before adjusting or adding any additional supplement to their current diet or prescription regiment. Under no circumstance is the information contained within such third party research to be used or considered as a direct study of Fountain of Life.





## Fountain of Life Usage

### Oral Consumption - Adults Only

The daily dosage is usually dependent upon the body mass of the person.

We recommend taking a minimum of 5 drops per day for users weighing 50 kg (110 lb) or less and 10 drops for those weighing over 50 kg. The users weighing over 100 kg (220 lb) should consider taking more than 10 drops to receive the maximum antioxidant benefit from Fountain of Life.

The general rule is to add 1 drop per every 10 kg (22 lb) of body weight.

For the average adult user of Fountain of Life, 10 drops a day is all you need to protect and preserve your well-being. It serves to support your body as it strives to ward off the impact of overwhelming free radicals that lead to the development of chronic inflammation. However, adjust your intake accordingly to maximize the benefits of a high lignan diet.



### Taste... Like Wood

Fountain of Life has the natural bitter taste of the Norwegian Spruce Trees. FOL can be taken straight, or added to food or beverages, such as yogurt, water, juice, tea, coffee or beer.



### Topical Usage

Lignans have proven to improve the appearance of wounds when placed directly on cuts and abrasions. When used topically in the mouth, lignans have helped address gum appearance.



Place Fountain of Life directly on the tongue and move it around your mouth. The lignans will adhere naturally to your teeth and gums. For this application, do not use juice or water as a mixer as it will wash the lignans away.

There are reports that the appearance of skin conditions such as acne have improved with lignans. Issues such as nail fungus, ingrown nails and cuticle issues have shown an improved appearance with topical applications.

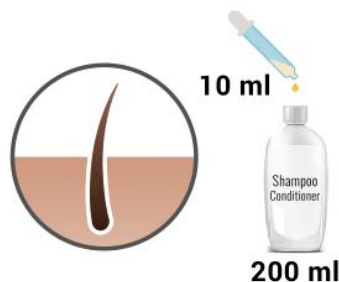
Finnish folklore claims that the sap from the Norwegian Spruce has healing powers. It was discovered that there was truth to this story, as the powerful antioxidants from this tree improved the appearance of wounds. Recent studies prove that lignans used topically stimulate the production of collagen.

When using topically for skin issues, apply one-two drops of FOL to the affected area and gently massage the product in to the tissue.

Fountain of Life may be used topically on inflamed joints. Place 10 drops in the palm of your hand and rub it gently on the sore area until it is absorbed.

Hemorrhoid sufferers have stated that they had an improvement in their well-being when using a lignan topically.

Fountain of Life should never be used in the eyes, nose or in the ears.



#### For Hair Health

Fountain of Life can be used in the shampoo and conditioner to address scalp issues and flakes. Add 5 ml for every 100 ml of shampoo or conditioner to effectively reduce flakes and improve the feel of your scalp.

#### For Pet's Health

Fountain of Life can replace the lignans not in the diet of your pet. If the pets are spayed or neutered, lignans in the diet are important. As well, lignans have shown to improve the well-being of dogs suffering from Cushing's Disease. Add 1 drop of FOL per 10 kg of the pet's weight to their food on a daily basis.



### Your Gateway to Better Health

Fountain of Life is an easy to use regimen that ensures you receive your daily allowance of antioxidants in a few drops daily.

### Weight Loss Study

In 2018, a study published in the British Journal of Nutrition showed that subjects on a high-fat diet lowered their blood glucose, improved their fat metabolism and reduced their blood cholesterol which led to weight loss over a 60 day period. The results stunned researchers, who were surprised to discover that the lignan in Fountain of Life, 7-hydroxymatairesinol had a direct impact on so many health factors that resulted in lower subject weights.



Less Fatty Liver Deposits



Blood Cholesterol Dropped



Decreased Insulin Secretion



Body Weight Decreased in 30 Days

### FAQs

1. **What is the shelf life of an unopened bottle of Fountain of Life?**  
2 years. Always refer the expiry date on the bottle
2. **What is the shelf life of an opened bottle of Fountain of Life?**  
Fountain of Life should be ideally consumed within 3 months to ensure that the user receives its maximum benefits from the product.



3. **How should Fountain of Life be stored?**

Fountain of Life should be stored in a cool, dry place to preserve freshness. Refrigeration will not extend its shelf life. Do not use the product if the safety seal is broken.

4. **What is the youngest safe age to consume Fountain of Life?**

We DO NOT recommend Fountain of Life for children under 12 years of age. It may be consumed by young adults. The dosage is dependent upon their body mass.

5. **Is Fountain of Life pregnancy safe?**

Fountain of Life is not recommended for pregnant and/or breast feeding women. Please speak to your doctor about taking antioxidants while pregnant or breast feeding.



6. **What is trimethylene glycol?**

Trimethylene glycol is the excipient used in Fountain of Life. This is a corn derivative solution for the lignans. It is alcohol and sugar-free. The trimethylene glycol in Fountain of Life is Kosher and Halal certified.

7. **Is Fountain of Life tested?**

Before Fountain of Life leaves Opulence Global to our global partners, the extract undergoes a 3-step protocol including testing.

- i) At the extraction facility, testing is performed to determine the lignan concentration. It is also tested for trace elements including heavy metals, as trees grow in a variety of soil conditions. Once approved, it is shipped to the manufacturing facility
- ii) At the Health Canada approved facility, it undergoes a visual inspection and filtered to ensure that there are no natural particulates from the extraction
- iii) Once bottled, a sample is tested at a third party facility to ensure that there are no microbes in the final product. Once passed, it is shipped to Opulence Global for distribution

8. **Can you overdose on Fountain of Life?**

Fountain of Life is not a drug, so overdosing is not possible. However, testing was conducted to establish a toxicity level. The researchers could not find a toxicity level even using 2600mg/kg body weight when testing the lignan 7-hydroxymatairesinol. Fountain of Life is very safe product.

9. **How does Fountain of Life work in the body?**

Fountain of Life is a plant lignan (antioxidant). It is quickly converted in the plasma of our blood to enterolactone, a mammalian antioxidant. This conversion is important as this allows our body to utilize Fountain of Life to neutralize the overwhelming free radicals that can lead to chronic inflammation.

10. **What is the big deal about chronic inflammation?**

Chronic inflammation is the root cause for many health issues. This can cause an increase in serum LDL's while lowering HDL's. This leads to the buildup of plaque and eventually cardiovascular disease. It also is responsible for insulin resistance which increases the risk factors in the development of diabetes type 2. For others,



chronic inflammation is a primary risk factor for cancer. Beyond the discomfort of chronic inflammation, this state is the gateway to many health issues. Reducing chronic inflammation reduces the risk factors.

**11. I know someone on medication. Can they take Fountain of Life?**

If anyone is on medication or under treatment by a doctor, they should have a discussion with their doctor on using FOL. Certain therapies such as chemotherapy and radiation therapy for cancer may be affected by antioxidants so an open dialogue will ensure that taking this functional food will not impact the therapy.

**12. My doctor is not familiar with Fountain of Life. How do I explain this to them?**

Fountain of Life contains the lignans from the Norwegian Spruce tree. It metabolizes in the same manner as flax and sesame seed, as they convert to enterolactone in the body so that they may be utilized.

**13. Are trees harmed to harvest the extract?**

No trees have been harmed in the making of Fountain of Life. The pulp and paper industry only uses some parts of the Norwegian Spruce. They remove the dark stem knotwood during the preparation phase. This material is collected and shipped to our extraction facility, where the extract containing lignans is created.

**14. Is Fountain of Life sustainable?**

These forests are all part of Finland's sustainability program for several decades. As 60 percent of the forests in Finland are owned by ordinary Finnish people, it is managed as a family bioeconomy with future generations in mind.



## ***Beauty From Within***

There has been a new movement in beauty where it starts within the body. Lignans have shown to reduce chronic inflammation, but also blocks and slows the degradation of elastin and collagen in the body.

While strengthening our system, when applied topically, lignans in studies show collagen synthesis stimulation which improves the appearance of our skin.

Beauty begins with your diet and the proper antioxidant supplement to reduce the impact of collagen and elastin degradation that occurs as we age. Combined with topical applications that stimulate collagen synthesis, lignans are a primary source to help us appear younger.

## ***History of Fountain of Life***

In 2017, Opulence Global incorporated the extract from the Norwegian Spruce into the world class FERI Flawless line of anti-aging products as the studies showed that free radicals cause the skin to appear aged prematurely. The results were astonishing, as customer feedback was overwhelmingly positive with this regimen.

Ramin Mesgarlou, Founder of Opulence Global, recognized the potential of this extract as a functional food as free radicals causes inflammation in our body. This led to development of **Fountain of Life** and its successful launch in 2018.

## Testimonials from the users

"Over the fall, my whole body has transformed...and it started with 1 bottle of Fountain of Life.

- My skin is clear, bright and definitely years younger.
- No more bags under my eyes!!
- My hair is thick and super shiny.
- My energy is up, and my appetite is down! Win win...!!!
- My migraines are completely gone 100%!!(No more hiding in the dark with ice packs on my eyes waiting for the prescription pills to kick in)
- My anxiety is gone 100%
- This is my life, and I'm over the moon happy with FOL!! " — **Tammy D.**

"Fountain of Life has been life changing. I am going through that hormonal imbalance that many women face. I had hot flashes and I sweated profusely, waking up at least three times at night to change. After taking Fountain of Life for six weeks, it all stopped and now, I sleep completely all night long.

My husband of 37 years is taking Fountain of Life and he has stopped snoring which means he is breathing better at night!" — **Mona L.**

"I have had Crohn's Disease for 33 years. In March 2018, I began to take Fountain of Life.

I went to my doctor of 11 years and he said that he has never seen my cell count so good. Besides Crohn's Disease, I have had cancer. My doctor said that my tests results have been excellent! It is all due to FOL. I have not felt so good in a long time!" —**Heather M.**

"As I was overweight, I decided to take a full dropper of Fountain of Life every morning and every night beginning March of this year. I had high blood pressure but was not on any medication for anything.

From the beginning of taking FOL, I instantly had more energy and slept better every night. I started exercising and totally changed my diet (no salt). Within 6wks, I lost 17kgs which also meant my blood pressure was improving (from high 190's/ 120's)

Now, at 61 yrs of age, my blood pressure is normal and I've never been fitter in all my life. So thanks to FOL, with a combination of exercise and a good diet, I'll have a longer happier life — **Monica M**

"Fountain of Life could not have been named any better! With the continued use over the past fifteen months, I have been given back a life that I originally thought I would never see again! Once confined to a wheelchair, I had been told I would never be able to escape because of the combined effects of Multiple Sclerosis and degenerative disc disease with arthritis in every joint and broken bone from childhood on.

When Fountain of Life was introduced, I tried it and prayed for the best. Never did I think that it would do for me for what it did! Now the wheelchair, walker, and canes sit in the corner each day a constant reminder not to forget my little Miracle in a bottle."— **Tammy W.**

"I am now 26 years of age. 2 years ago, I was diagnosed with alopecia. This autoimmune disorder is a challenge for the doctors.

I tried all of the conventional medicines but they did not work as I lost all of my eyebrows, facial hair, hair on my scalp and body.



My cousin suggested I try this all natural product called Fountain of Life. I was skeptical as I researched everything on this autoimmune disorder but I thought I would give it a try. After 6 months, I have recovered 75% of my hair. So please, if you are hesitating to use this product and you are trying to prevent a problem or recover from one, this is your solution!" — SR

"So in April 2018 I had found out my liver enzymes were in the 100's which led me to the Emergency Department, although a few months prior my blood was normal. July I found out I'm have 2 genetic component that make me a carrier and have potential to developed hemochromatosis (iron overload) and I diagnosed with non-alcoholic fatty liver disease.

My friend convinced me to try FOL after a year of begging me to try it. Honestly, I thought it was another scam product as I've tried a lot of products and diets over the years just that failed.

This first time in my life, I was able to actually lose weight easily, which is key into reversing NAFLD. From July- December, I've lost 45 lbs.. Although my Specialist asked me to lose 30 lb in 1 yr, I did it in a few months.

My liver biopsy, done 2 days after my 33<sup>th</sup> birthday discovered my liver nowhere close to being cirrhotic. In February, I found my liver enzymes are back in normal range and my iron only elevated by 2%." — Kyrstine W

"When I was rear ended in a car accident and was diagnosed with a concussion in March 2018, the remedy prescribed was SLEEP, sleep and more sleep with only limited activity. No computer time, no flights, limited phone and screen time...in fact anything that required brain activity was limited until the inflammation of my brain subsided.

The time suggested for this was 6 months. The only prescription doctor offered was sleep. The only thing I wanted was my FOL as I knew it had high anti-inflammatory and antioxidant properties!! Increasing my daily drops from 10 every morning to 15 drops in the morning and 10 in the evening helped me sleep deep and well every night!! After two months, my doctor was pleased with my response and after three months my doctor confirmed that my brain was responding normally and inflammation had subsided!!

I'm most grateful that by increasing my FOL after the rear end collision (when my brain was stressed), reduced my recovery time by 50%. This helped the inflammation in my brain to subside so I could resume my normal activities"— Marian K.

From someone with arthritis.

"For years, I suffered from pain in the knees. I tried every form of over the counter medication....sprays, liniment, oils, etc. Some of them did nothing to alleviate the pain.

Others provided relief for a while. One day as I was limping my way through town, I met Dr. E. I told about the pain that I was experiencing. She told me to check with her in a few weeks' time and she would give me something for the pain. When I went in to see her about a month later, she gave me a bottle of Fountain of Life. I really didn't believe it would have worked, but I took it as directed. Three days later, the pain ceased. I couldn't believe it. I've had no pain since. I still take F.O.L."— Anthea E



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