

PERFECT PRESS FIVE SEED BLEND

OWNER'S HANDBOOK

How to use — **and benefit from** —
your Perfect Press Five Seed Blend.

ACTIVATION





INTRODUCTION

Thank you for purchasing your own bottle of Perfect Press Five Seed Blend and for joining us on our journey towards helping millions heal.

By adding Five Seed Blend to your daily routine, you're beginning your own journey down the path to better health and an improved quality of life.

Our Five Seed Blend is a combination of five extremely nutritious seed oils: black sesame, coriander, pumpkin, sunflower and flax.

This is an all-in-one blend that supports your whole body. By taking Five Seed Blend, you'll get all of the benefits that each of these five seed oils has to offer.

You'll notice improved gut health and less inflammation thanks to the coriander seed oil, an energy and immune system boost from the sunflower seed oil, bladder and heart support from pumpkin

seed oil, hormonal support and healthier hair with flaxseed oil and anti-aging benefits that come with black sesame seed oil.

Believe it or not, these are just a few of the benefits that people experience using Five Seed.

In this handbook you'll learn...

- **General use instructions**
- **Five pro tips for using Five Seed Blend**
- **10 benefits of Five Seed Blend**
- **Answers to frequently asked questions**
- **Success stories shared by customers, just like you, to get you excited about living a healthier life with Five Seed Blend**

A black glass bottle of Perfect Press Five Seed Blend oil stands on a light-colored wooden surface. The bottle has a black cap and a label with yellow and white text. The label reads "PERFECT PRESS" at the top, followed by "FIVE SEED BLEND" and a floral illustration. Below the illustration, it says "DIETARY SUPPLEMENT", "8 FL. OZ. (250 ML)", and "ACTIVATION". To the left of the bottle, a small glass jar is filled with various seeds. To the right, a piece of green kale is visible. The background is a soft-focus indoor setting.

GENERAL USE

Everybody is different, which means that your nutritional needs will never be exactly the same as someone else's.

There are so many different factors, from genetics, to body chemistry and even lifestyle that can affect what your body needs on a day-to-day basis.

Since everyone's needs are different, the amount of Five Seed Blend that you decide to take is ultimately up to you.

We recommend: 1-3 teaspoons daily.

At this rate, one bottle of our Perfect Press Five Seed Blend will last about a month.

One to three teaspoons a day will give most bodies the nutrients they need, providing the numerous health benefits Five Seed Blend has to offer.

It's important to remember that in order to get the full range of benefits, you should use this oil daily.

Need more? [Click here](#) to stock up.

FIVE SEED BLEND

PRO-TIPS

You can make using Perfect Press Five Seed Blend an even better experience by following these five pro tips...

TIP #1:

Add Five Seed Blend to your morning smoothie for a daily energy boost. This oil's flavor blends well with most smoothies, packing your breakfast with extra nutrients, healthy fats and even helping you to absorb more of the fat-soluble nutrients in the fruits and veggies.

TIP #2:

Having tummy troubles? Take some Five Seed Blend! Coriander seed oil, flaxseed oil and black sesame oil all support the digestive system in different ways.





FIVE SEED BLEND

PRO-TIPS

TIP #3:

Add Five Seed Blend to your daily skincare routine. Rub a few drops of Five Seed Blend into your skin at night before bed. Applying it at night will give your skin the time it needs to absorb the oil. Your skin will thank you for it, as flax oil and sunflower oil, in particular, are known for their moisturizing properties, while black sesame seed oil is credited with anti-aging properties.

TIP #4:

Drizzle Five Seed Blend over salads, cooked vegetables or even meat to add unique flavor and a health boost to many of your meals.

TIP # 5:

If you're feeling under the weather, Five Seed Blend can help. Coriander seed oil, sunflower oil and pumpkin seed oil all support your immune system, helping you kick that pesky cold and prevent future colds from creeping in.

10 BENEFITS OF FIVE SEED BLEND

Perfect Press Five Seed Blend is packed with nutrition from five different types of seeds. There are a wide variety of benefits that come from taking Five Seed daily that you wouldn't get if you were to take a single seed oil on its own. Here are our top ten to get you started:

Five Seed Blend...

- 1 improves energy
- 2 minimizes signs of aging
- 3 promotes weight loss
- 4 encourages smooth and regular digestion
- 5 supports a healthy heart
- 6 keeps your immune system strong
- 7 nourishes and moisturizes your skin and hair
- 8 boosts bone strength & density
- 9 supports a healthy inflammation response
- 10 can help eliminate bad breath

There's even more where that came from. When you take Perfect Press Five Seed Blend daily, you'll discover even more benefits and improvements over time, both inside and out.

FREQUENTLY ASKED QUESTIONS

What seeds are in Perfect Press Five Seed Blend?

Every bottle of Perfect Press Five Seed Blend is Perfectly Pressed™ from five powerful types of seeds:

Flax, Coriander, Sunflower, Black sesame, Pumpkin

These seed oils are carefully blended to perfection and bottled fresh. The seeds that make up each bottle of Perfect Press Five Seed Blend are top quality seeds. When the seed oil is extracted, no nutritional value is lost thanks to our unique Perfect Press Technology™

How does Auto Delivery work?

By subscribing to our premium Auto Delivery program you'll save 20% on your order. Every month you'll receive a new bottle of Perfect Press Five Seed Blend at this same exclusive price (20% off the price at the time you sign up). Even if our retail prices go up, the price you pay will not for the lifetime of your subscription.

With Auto Delivery you never have to worry about running out of product. You're totally in control. If at any point you wish to cancel your subscription, simply call or email our customer service team. If there is

an offer for Perfect Press Five Seed Blend that is better than the discounted price you are receiving as an Auto Delivery member, simply call or email our customer service team and they will be happy to work out a solution for you. As an Auto Delivery member you are a part of our exclusive priority club.

What if Perfect Press Five Seed Blend isn't for me?

While most people LOVE Perfect Press Five Seed Blend for its convenience, powerful nutrients and whole body benefits, if for any reason you don't love it, you are completely covered by our 60-day money back guarantee. No risks. No hassle.





PERFECT PRESS FIVE SEED BLEND SUCCESS STORIES

Summer's family managed to stay healthy all through the school year with Perfect Press Five Seed Blend...

"Since my family began taking the Perfect Press Five Seed Oil Blend we have [stayed healthy] even though my son just started kindergarten! This is unprecedented for our family! [...] I am so thankful for the Activation team!"

Gloria T. has experienced less pain with Perfect Press Five Seed Blend...

"I just started taking the Perfect Press 5 oil blend 2 weeks now, and I must say this product is amazing. I've been suffering [...] for over 15 years and have tried everything for relief. Nothing works except this oil. I'm telling everybody I know with this condition about your product because this is my 2nd straight week with NO pain!!! I'm so surprised. Looks like this thing is just eating away all the inflammation caused by my condition, I don't know but it's working... Thank you guys so much for this gift of Perfect Press!"

Lela B. has noticed better hair, skin and even better digestion thanks to Five Seed Blend...

"I love [Perfect Press] oils. They taste better than any other oils I've ever tried. I have notice an improvement in my digestion and regularity. They have made my skin and hair soft and smooth. I find that they are great in relieving inflammation of the muscles and joint. If you are thinking about trying them give yourself two weeks to see a change you will find that you cannot live without these amazing oils."

Gordon B. was able to get rid of his chronic bad breath with our Five Seed Blend...

"For many years I have awakened with very bad breath and have tried a lot of products to correct the problem but nothing worked. I am very happy to report that after only a few days of taking 2 teaspoons daily of the Perfect Press 5 Oil blend the bad breath is gone. My libido is also improving. I am amazed and excited about the changes I am seeing and I have only been taking it for about 1 week."

THANK YOU!

Once again, thank you for investing in your own bottle of Perfect Press Five Seed Blend and your health.

We can't wait for you to add Five Seed Blend to your daily routine and experience the benefits that it has to offer, like so many of our loyal customers before you.

You'll notice you have more energy, a better digestion system, better skin and a stronger immune system. Perfect Press Five Seed Blend has so much to offer.

If you have any questions, don't hesitate to reach out to our friendly and knowledgeable customer loyalty team.

Have questions? Call Us!
1-866-271-7595



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