

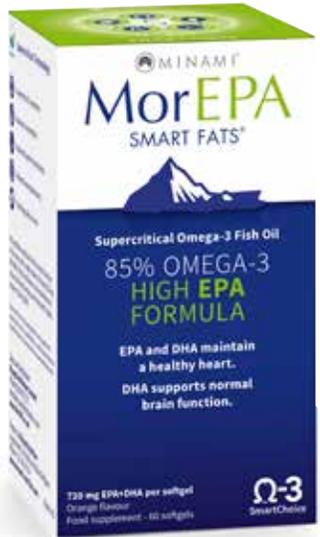


MorEPA

thé formula

for a perfect
balance

 MINAMI®



MorEPA

The formula for
a perfect balance

Why  MINAMI® ?

Minami offers **omega-3 nutritional supplements** in a very high concentration, with **scientifically proven** effects and benefits.

The fact that they are also produced in an environmentally-friendly manner makes our omega-3 nutritional supplements the purest on the planet. Minami only uses sustainably caught smaller fish species. And when we say that our oil is 'cool', you can take that literally: our super-efficient and ecofriendly manufacturing process uses 75% less heat than our competitors. This process results in exceptionally pure fish oil with a very high concentration of omega-3.

What is the impact of nutrition?

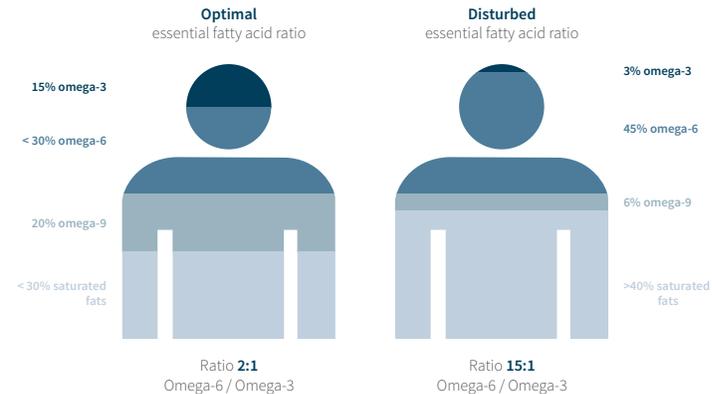
“You are what you eat” – it sounds like a cliché, but there’s a lot of truth in it.

To function well and stay healthy your body needs healthy food and beverage every day. The right balance is essential. A balanced diet contains at least the three basic building blocks for the body - proteins, carbohydrates and fats - in the right proportions for an optimal health. For example, **the fatty acids eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA)** help to maintain a normal heart function.

The availability of building materials - like fatty acids - in the body mainly depends on what we take in through our food. Our bodies can make some fatty acids out of others. But that’s not the case for omega-3 and omega-6 - hence their name, ‘**essential fatty acids**’. So we are completely dependent on our nutrition for the quantity of omega-3 and omega-6 fatty acids that is available in our cells.

Why is a healthy omega-3 content so important?

A healthy balance between omega-6 and omega-3 is very important for the make-up of fats in the body’s cells, and for their optimal function. Research has shown that the intake of omega-3 fatty acids is lower than the intake of other types. Our western diet is rich in omega-6, but low in essential omega-3 fatty acids. This means that the ratio of omega-6 to omega-3 in our cells is out of balance. Minami supplements contain omega-3 and no ‘filling’ or unneeded omega-6 fatty acids, so **they optimise the ratio of omega-6 to omega-3**.



MorEPA

- High omega-3 concentration in one softgel
- Quickly raises the omega-3 index

Target group Adults and youngsters as of 12 years old

• 1 softgel per day for the heart

EPA and DHA support the heart's normal function with consumption of at least 250 mg per day.

• 2 softgels per day for the brain and eyesight

DHA contributes to normal brain function and normal sight with a daily intake of 250 mg.

• 3 softgels per day for triglycerides (3 x 1 softgel/day)

EPA and DHA contribute to the maintenance of a healthy triglyceride level in the blood with daily consumption of 2 g. Triglycerides are fats (from body fat or your nutrition) that are carried in the blood stream. There must not be too much in order to keep your heart healthy.



Contents per softgel

Deep sea fish oil concentrate	1000 mg
Of which omega-3 fatty acids	850 mg
• eicosapentaenoic acid (EPA)	590 mg
• docosahexaenoic acid (DHA)	130 mg

Natural orange flavouring

Gluten and lactose-free

MorEPA Smart Fats is a nutritional supplement and must not be used as a substitute for a varied and balanced diet and a healthy lifestyle.

Are you familiar with these Minami products?



MorEPA Platinum

Ideal for the heart² and for people with an active lifestyle (e.g. sportsmen and women).

- Minami's highest-dose formula, with 1 g EPA and DHA in 1 softgel
- Omega-3 with vitamin D³⁸
- Target group: Adults 18+



MorEPA Gold

Ideal for vitality⁶, the immune system⁶ and the heart²

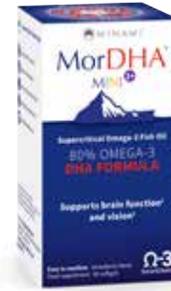
- Growing old healthily, staying healthy at any age
- Omega-3 with vitamins, minerals and natural plant extracts (e.g. hydroxytyrosol⁷)
- Target group: 40+



VeganDHA

Ideal for vegetarians and vegans

- Based on algae oil
- Contributes to normal brain function and normal eyesight¹⁻³
- Contributes to normal brain and eye development in unborn children and breastfed infants⁴
- Target group: Adults 18+



MorDHA Mini

Ideal for the brain¹ and the eyes³

- Supports normal brain function¹ and normal eyesight³ + vitamin D³^{8,9}
- Small, easily taken softgels
- Target group: children +3, adults (with difficulties swallowing)



MorEPA Mini

Ideal for the brain¹

- Supports normal brain function¹ + vitamin D³^{8,9}
- Small, easily taken softgels
- Target group: children +6, adults (with difficulties swallowing)





MorDHA

Ideal for pregnant women, the foetus and women that breastfeed.

- Contributes to normal brain function and normal eyesight^{1,3}
- Contributes to normal brain and eye development of the foetus and breastfed infants⁴
- Target group: adults 18+



MorEPA Cholesterol

Ideal to maintain a healthy cholesterol level.

- Contributes to the normal heart function²
- Contributes to the maintenance of normal cholesterol levels in the blood¹⁰
- Target group: adults as of 45 (prevention) and as of 60 (support)



MorDHA Vision

Ideal for the maintenance of the normal eye sight

- Contributes to the normal heart function²
- Contributes to the normal brain function and normal eye sight^{1,3}
- Target group: adults as of 40 jaar (prevention) and as of 60 (support)

The proven benefits of omega-3 and other Minami Product ingredients

1. Brain function  DHA contributes to a normal brain function with a daily intake of 250 mg.
2. Heart function  EPA and DHA contribute to a normal heart function with a daily intake of at least 250 mg EPA +DHA.
3. Vision  DHA contributes to a normal eyesight with a daily intake of 250 mg.
4. Pregnant women  Intake of DHA by the mother contributes to normal brain and eye development in unborn children and infants. A beneficial effect is achieved when a pregnant or breast-feeding mother consumes 200 mg DHA per day in addition to the recommended daily adult intake of 250 mg EPA +DHA.

5. Reduced fatigue  Folic acid helps to reduce fatigue.
6. Immunity  Folic acid enables the immune system to function.
7. Protection blood lipids  A daily intake of 5 mg hydroxytyrosol (olive extract) helps to protect the blood lipids against free radicals.
8. Bones, muscular function and immune system  Vitamin D3 helps maintain bones, nerves and a normal immune system.
9. Children  Vitamin D3 is necessary for normal growth and bone development in children.
9. Cholesterol  Monacolin K from red yeast rice contributes to the maintenance of a normal level of cholesterol in the blood when a dose of 10 mg per day is taken .



Minami's philosophy is crystal-clear:
we offer premium omega-3 supplements
with proven benefits and physiological effects.



Would you like more information about MorEPA or our other products?

Ask for your pharmacist's advice, or visit our website www.minami-nutrition.com

offered by: