

MorEPA GOLD  
SMART FATS®



shine  
at any age



# MorEPA GOLD

Ageing in good health\*

\* Vitamin C, folic acid and vitamin B12 help reduce fatigue

In this brochure you will find tips for staying healthy at any age.

**Did you know that 900 million people worldwide are older than 60?  
This number will rise to no less than 2.4 billion by 2050.**

Centenarians are still an exception in the world, but in 2050 there will be an astonishing 4.1 million people aged over 100! This is good news! According to a recently-published article in the well-known magazine The Lancet, people born after 2000 in affluent countries are likely to live over 100 years.

Getting older has its advantages: you gain more experience, insights, patience. But many changes take place in your body - there is no way to stop the clock.

At any age, everyone deserves to enjoy life as healthily as possible, and that is something you can partially control. Healthy food, exercise, social contact, etc, are all essential.

# What can nutrients do for your body?

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## 1. Antioxidants

for extra protection against oxidative stress

Oxidative stress (caused by smoking, air pollution, UV radiation) can damage cells and tissue.

Antioxidants in our food help protecting us against this damage.

Zinc (e.g. in wholegrain cereals) and vitamin C (e.g. in citrus fruits, green leafy vegetables) are powerful antioxidants, which help protect body cells against oxidative stress.

A Mediterranean diet, with a moderate intake of red wine with the meal, a low consumption of red meat and animal fats, and high consumption of seafood (fish, crustaceans and shellfish), white meat, olive oil, vegetables (including garlic) and fruits, is considered one of the healthiest food patterns in the world.

## 2. Omega-3

helps to keep heart function healthy

Healthy fats are important to keep your body's motor running smoothly. Therefore you should consume at least 250 mg of omega-3 fatty acids EPA and DHA per day. They contribute to the normal function of the heart. Our body is not able to produce sufficient omega-3 fatty acids EPA and DHA, therefore we need to get it from healthy foods (such as oily fish, crustaceans and shellfish, algae). A daily intake of a food supplement is a good alternative.

## 3. Food for the immune system

In order to build up your immune system, an adequately functioning immune (defence) system is required. Vitamins and minerals derived from fruit and vegetables help the normal function of the immune system. That is the effect of vitamin C in e.g. red pepper, oranges and potatoes, folic acid in e.g. spinach, Brussels sprouts or broccoli, vitamin B12 in e.g. fish, meat, dairy or algae, and zinc in e.g. shellfish, legumes or wholegrain products.



# MorEPA Gold, the physiological support

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MorEPA Gold contains ingredients with a proven effect:

- EPA and DHA support the normal function of the heart when at least 250 mg per day is consumed
- A daily intake of 5 mg olive extract (hydroxytyrosol) contributes to the protection of blood lipids from oxidative stress. The beneficial effects of 5 mg olive extract can be obtained with a daily intake of 20 g olive oil
- Vitamin C and zinc play a role in protecting body cells against oxidative stress.
- Vitamin C, zinc, folic acid and vitamin B12 help keep the immune system functioning well
- Vitamin C, folic acid and vitamin B12 contribute to reducing fatigue

Optimal support is obtained with 1 easy-to-take MorEPA Gold soft gel per day.

MorEPA is a food supplement  
and cannot replace a varied, well-balanced diet and healthy lifestyle.

# With MorEPA Gold, you're choosing highest possible quality

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## **650 MG EPA+DHA**

### **VITAMINS / MINERALS / NATURAL PLANT EXTRACTS**

- Highly concentrated fish oil of pharmaceutical quality, obtained by super-critical CO<sub>2</sub> extraction
- Natural hydroxytyrosol, obtained by mechanical extraction from olives without using solvents - fully in line with Minami's philosophy: respect nature
- Readily-absorbed zinc
- Coenzyme Q10 (coQ10), the ingredient present in all body cells, is identical to the body's own coQ10





**Content per soft gel: (recommended daily dose)**

Purified deep sea fish oil	787 mg
Of which total omega-3	720 mg
And of which:	
- EPA (eicosapentaenoic acid)	500 mg
- DHA (docosahexaenoic acid)	150 mg

**Extra ingredients:**

Vitamin C	80 mg (100% RI*)
Zinc (as zinc nitrate)	15 mg (150% RI*)
Hydroxytyrosol derived from olive oil and olive extract (Olea europaea L.)	5 mg
Coenzyme Q10	30 mg
Folic acid	400 µg (200% RI*)
Garlic extract (Allium sativum L.)	20 µg oil extract
Vitamin B12	2.5 µg (100% RI*)

\* RI: reference intake





**MINAMI**  
**MorEPA GOLD**  
**SMART FATS®**

**Supercritical Omega-3 Fish Oil**  
**90% OMEGA-3 & ANTIOXIDANTS<sup>1</sup>**  
*Plus* olive extract

**Supports the immune system<sup>2</sup>, natural energy<sup>3</sup> and the protection of the bloodlipids<sup>4</sup>**

1 softgel a day - Orange flavour  
 Food supplement - 30 softgels

**Ω-3**  
 SmartChoice

**U-3**

the protection of the bloodlipids<sup>4</sup>

## Why MINAMI® ?

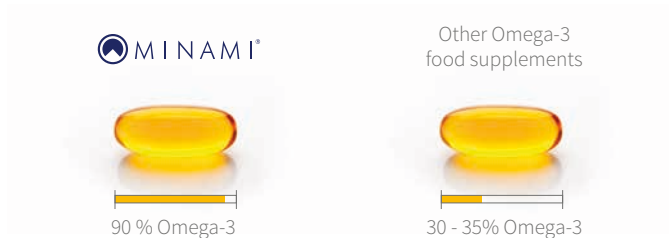


Our philosophy is simple, Minami wants to support you to live your life as healthily, purely, and with as much quality as possible.

This is why Minami offers high-quality omega-3 food supplements, of which the advantages and physiological effects are supported by science.

Our food supplements are produced with the most pure fish oil and in an ecologically sound way.

Minami stands for highly concentrated omega-3 food supplements of the highest possible purity and quality, omega-3's which you can use with a confident feeling.





# S.M.A.R.T Choice

Supercritical  
Omega-3 Protection

Maximum concentration

Advanced and  
proven formula

Refined to  
exceptional purity

Technology with eco-care

# Ten tips for healthy aging

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1. Eat healthy food



Food rich in omega-3 fatty acids (oily and semi-oily fish - maximum 2 servings per week), crustaceans and shellfish, algae) and antioxidants (well-varied selection of vegetables and fruits) should be on your menu every day.

2. Drink sufficient water



2 litres per day from different sources (water, soup, fruit juice) contribute to maintaining your physical and mental fitness.

3. Make sure you get enough sleep



It ensures that your body is revived, and impressions of the previous day are processed.

4. Restrict your alcohol use



A glass of red wine with your meal is healthy, but do not use alcohol excessively. Women should not have more than 1 alcohol consumption a day, men 2 alcohol consumptions.

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

Ask your pharmacist for advice, or visit our website: [www.minami-nutrition.com](http://www.minami-nutrition.com)

5. Give up smoking



Smoking is a source of oxidative stress.

6. Avoid too much stress



Laughing is healthy and has a relaxing effect. Remember to allow time for relaxation (yoga, watch a film, hiking).

7. Exercise



Exercise for at least 30 minutes a day is standard. This does not need to be at the gym. Gardening, walking the dog, getting groceries on foot.

8. Train your mind



You can train your memory, keep your mind active (read, surf the web, play music, learn a new language).

9. Have a goal in life



Continue to believe in something, make your dreams come true, it does not matter whether you go for a big or small challenge.

10. Maintain your social contacts



Do some voluntary work, join an association and invest in your friends. Close friendships keep life fun.



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[www.minami-nutrition.com](http://www.minami-nutrition.com)



Offered to you by: