

A close-up photograph of a person's chest and hands. The person is wearing a light blue, button-down shirt. Their hands are clasped together over their chest, with fingers interlaced. The background is a plain, light grey color.

your heart in
good hands

MorEPA PLATINUM
SMART FATS®

 MINAMI®



MorEPA

PLATINUM

Minami's **highest-dose formula** with 1000 mg of EPA and DHA*

*EPA and DHA support healthy cardiac functions with a daily intake of at least 250 mg.

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SmartChoice

This brochure will give you some tips on natural ways to keep your heart healthy.

Did you know that your heart is the hardest-working muscle in your body?

Your heart is a fascinating organ. It's also a powerful muscle, pumping so hard that it could fill a seven-thousand-litre petrol tanker every day. The cardiac muscle pumps blood through the circulatory system. It's tough work! If put together, all blood vessels would measure no fewer than 100,000 km - a distance equal to two and a half times around the globe.

You can help maintain a strong and healthy heart by following a healthy diet, not smoking, taking the time to relax, and getting enough exercise. These steps help to maintain healthy blood pressure. If you take part in endurance sports, make sure to receive proper instruction so that you can gradually build up your stamina. Training too vigorously can damage the body.

A heart-friendly diet contains fruit and vegetables; vegetable oils such as olive oil, linseed oil, and walnut oil; and oily fish that is rich in omega-3 and vitamin D.

How do nutrients influence your health?

1. EPA and DHA

EPA and DHA help to main healthy cardiac functions and blood pressure

The omega-3 fatty acids in EPA and DHA help to maintain healthy cardiac functions with a daily intake of 250 mg. EPA and DHA can be found in oily fish such as mackerel, herring, salmon, and sardines, as well as seaweeds, shellfish, and crustaceans. You can also choose to take an omega-3 supplement every day.

MorEPA Platinum is Minami's highest-dose formula with 1 g of EPA and DHA per capsule, the golden standard amongst omega-3 supplements. This high-quality portion of omega-3 optimally supports your body.

A much higher intake of 3 g of EPA and DHA per day is required to maintain healthy blood pressure. This cannot be achieved as part of a normal diet. Thanks to the high omega-3 concentration in MorEPA Platinum, you only need to take three softgel capsules per day to get the amount your body needs.



2. Vitamin D

Vitamin D effectively maintains healthy muscle functions

Vitamin D is best known as the vitamin we get from sunlight. This is because our bodies are able to produce vitamin D when exposed to UV rays. The vitamin helps to support strong bones and enables the body to absorb calcium. It also helps to maintain healthy immune and muscle functions.

The amount of vitamin D in one MorEpa Platinum softgel is easily absorbed by the body. Vitamin D³, also known as cholecalciferol, is the best form of vitamin D for the body and is at least three times more effectively than vitamin D², which is also known as ergocalciferol.



3. Top fats for top sportspeople

'I can truly feel the benefits of using MorEPA Platinum. My coach advised me to take one softgel daily. Since then, I feel that I pace myself better in my competitions, have sharper senses, and have improved my performance. This was no surprise to my coach, who told me that the omega-3 fatty acids in MorEPA Platinum help to support healthy cardiac functions thanks to their EPA and DHA* content and also maintain healthy brain functions thanks to DHA**. I call them top fats for top sportspeople.'

Bart (long-distance runner)

MorEPA Platinum, the golden standard

Minami's highest-dose formula with 1000 mg of EPA and DHA per softgel capsule

Choosing MorEPA Platinum means choosing the best quality:

- Highly concentrated fish oil of pharmaceutical quality, obtained through patented supercritical CO₂ extraction.
- Vitamin D³, the most physiologically effective form of vitamin D. Vitamin D³ helps to maintain **healthy bones, healthy immune** and **muscle functions**.



MorEPA Platinum, the golden standard



MorEPA Platinum is Minami's highest-dose formula with 1000 mg of EPA and DHA per capsule, the golden standard amongst omega-3 supplements.

- **One softgel** per day for **the heart**
EPA and DHA support a good heart function with a daily intake of at least 250 mg.
- **Two softgels** per day for **triglyceride levels**
EPA and DHA help to maintain normal, healthy blood triglyceride levels with a daily intake of 2 g. Triglycerides are fats from your body or diet which are transported in the blood. Your body only needs a small amount in order to maintain healthy cardiac functions.
- **Three softgels** per day for **blood pressure**
EPA and DHA help to maintain normal blood pressure with a daily intake of 3 g.

The extra daily intake of EPA and DHA must not exceed 5 g.



Minami's highest-dose formula with 1000 mg of EPA and DHA per softgel capsule

Contents per softgel capsule:

Deep sea fish oil concentrate	1200 mg
Whereof Omega-3 fatty acids	1100 mg
Whereof	
-EPA (eicosapentaenoic acid)	764 mg
-DHA (docosahexaenoic acid)	236 mg
Vitamin D ³	25 µg / 1000 IE
Gluten-free and lactose-free	

MorEPA Platinum is a nutritional supplement and should not be used as a replacement for a varied, balanced diet and a healthy lifestyle.



S.M.A.R.T Choice

Minami only uses highly concentrated omega-3 supplements of the highest purification level and quality, meaning you can use our products with peace of mind.

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- Supercritical omega-3 protection
 - Maximum omega-3 concentration
 - Adjusted and tested formulas
 - Risk-free and refined to optimum quality
 - Technology with ecocare

Five heart-friendly tips

1. Eat less saturated fat



Poultry, fish, and low-fat dairy products such as skimmed milk and low-fat yoghurt are great alternatives to red meat, full-fat dairy products, and palm oil.

2. Limit your salt intake



Instead, use herbs and spices to season your food.

3. Use garlic



Freshly crushed garlic gives your meal a kick and helps to maintain a healthy circulatory system and cholesterol levels.

4. Eat plenty of fruits and vegetables



To get a variation of vitamins, minerals, and bioactive compounds, it is recommended to eat five portions of fruit and vegetables per day as well as enough fibre.

5. Exercise



You should exercise for at least thirty minutes a day. This will help to keep your weight under control. Exercising doesn't necessarily have to involve performing standard exercises. Alternatives include gardening, taking the dog for a walk, or going shopping on foot instead of by car.



www.minami-nutrition.com



If you would like to know more about MoreEPA Platinum or our other products,

please ask for advice from your chemist or browse our website: www.minami-nutrition.com

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