

PLUSEPA
a sound mind,
a healthy body

 MINAMI®



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Why MINAMI[®]

Our philosophy is simple, Minami wants to support you to live your life as healthy, 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 purest fish oil and in an ecologically sound way.

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

 MINAMI[®]



90 % omega-3

Other omega-3
food supplements



30 - 35% omega-3



What is the impact of nutrition?

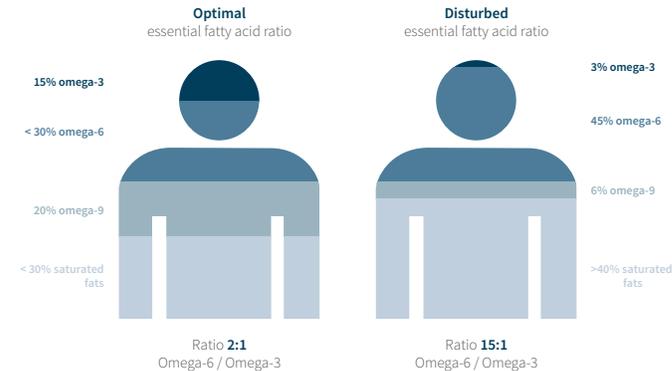
“You are what you eat” – it sounds like a cliché, but there’s a lot of truth in it. To function well and stay healthy your body needs healthy food and beverage every day. The right balance is essential. A balanced diet contains at least the three basic building blocks for the body - proteins, carbohydrates and fats - in the right proportions for 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 is 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 it so important to have a healthy omega-3 index?

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**.



Why PlusEPA?

PlusEPA is a highly concentrated (95%) omega-3 food supplement (500 mg EPA) that **supports your emotional balance**.

Several studies have shown that people who suffer from depressive moods often have low levels of essential fatty acid EPA in their blood and tissues.¹

Therefore the American Psychiatric Association recommends a daily dose of omega-3 for patients with depressive disorders.²

1. Grosso G et al. Role of Omega-3 Fatty Acids in the Treatment of Depressive Disorders: A Comprehensive Meta-Analysis of Randomized Clinical Trials. PLoS One 2014; 9(5): e96905.
2. Freeman MP et al. Omega-3 fatty acids: Evidence basis for treatment and future research in psychiatry. J Clin Psychiatry 2006; 67:1954-1967.

Product characteristics

1. Purity & quality  Minami uses gentle manufacturing processes at low temperature to ensure the purity and quality of the sensitive fatty acid EPA. There are no detectable impurities (e.g. heavy metals, dioxins, pesticides).
2. Environmental friendliness  This product contains an EMAS-certified omega-3 fatty acid concentrate. It is in line with EU environmental standards as Eco-friendly.
3. Unrestricted application period  Since EPA is an essential nutrient, users can take it as long as they want.



PLUS EPA

Content of one softgel

Fish oil concentrate	555 mg
Eicosapentaenoic acid (EPA)	500 mg

Gluten-free
Lactose-free

PlusEPA is a food supplement and should not be taken to replace a balanced diet and a healthy lifestyle.



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www.minami-nutrition.com



Would you like more information about PLUSEPA or one of our other products?

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

Offered by: