

BE THE
STAR OF
THE CLASS



MorDHA MINI



MorEPA MINI

Omega-3 is an important building block for the development of the brain

Our Western diet is rich in omega-6 fatty acids, but comprises insufficient omega-3 fatty acids. This causes an imbalance in our bodies between the omega-6 and omega-3 fatty acids. Omega-6 fatty acids can be found in sweetcorn and sunflower oil as well as industrial products such as cake and chocolate spread. We eat 10 to 15 times too much omega-6.

Our bodies are not designed to produce sufficient omega-3 fatty acids EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid) ourselves, so we have to get this omega-3 from healthy foods such as oily fish (salmon, tuna, mackerel, herring), shellfish, crustaceans, and seaweeds. That is why Several local Expert Scientific Organizations across the world recommends eating fish twice a week, with one of those meals comprising oily fish. However, these quantities are unrealistic for many people. Moreover, the conversion of omega-3 is made more difficult by the excessive consumption of omega-6 fatty acids.

Taking a dietary supplement with a high concentration of omega-3 daily is therefore an ideal way of restoring the balance between omega-6 and omega-3 fatty acids.

Why is omega-3 so important for your son or daughter?

In the foetus stage and from birth onwards, the omega-3 fatty acid DHA forms an important building block in the development of the brains. For this reason, pregnant and breastfeeding women are advised to take an extra 200 mg of DHA daily on top of their personal daily omega-3 dose of 250 mg of EPA and DHA.

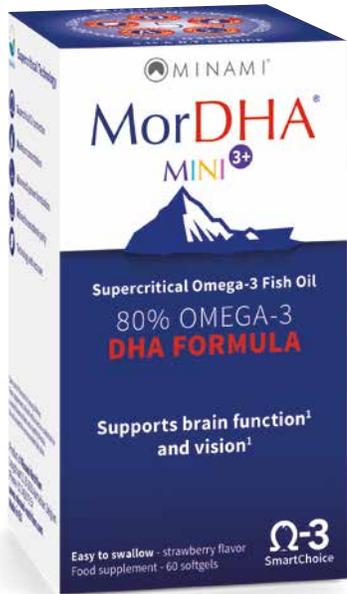
Baby milk formula is enriched with DHA for infants aged up to twelve months in order to optimize the development of the eyes (at a dose of 100 mg of DHA per day). The diet also needs to be enriched after that, for instance by regularly eating oily fish at mealtimes. However, eating oily fish every week is not always a hit with children. The recommendation is therefore to let them take pure, highly-concentrated omega-3 supplements and, as a parent, to pay attention to your child's omega-3 intake. Extra DHA is beneficial from the age of three years, while EPA is more important from the age of six.



Vitamin D

Vitamin D is one of the few vitamins that our bodies can produce themselves. It is produced in the skin with the aid of sunlight. In addition, a number of foodstuffs such as butter, oily fish, and milk provide a small amount of vitamin D.

Children need vitamin D to grow, and it is also needed to develop strong bones and ensure a strong and effective immune system. Vitamin D ensures that calcium and phosphorus are well absorbed from food, and in older people it contributes to the retention of strong bones and teeth. In addition, vitamin D plays an important role in cell growth and cell division in adolescents and adults. Several local health authorities across the world recommends the use of a vitamin D supplement from birth and lifelong.



Target group from the age of three years

Properties

Important building block for the brain and eyes*

Recommended use 1 softgel capsule per day
To be taken with a meal with a little water.
The softgel capsule can be chewed. You can also mix the contents of the softgel with food.

1 softgel capsule contains

EPA (eicosapentaenoic acid) 54 mg
DHA (docosahexaenoic acid) 250 mg

Strawberry flavour

Gluten and lactose-free
60 softgel capsules

*DHA helps to keep the brain function healthy and preserve good vision in adults when taken in a daily dose of 250 mg
*An extra intake of at least 200 mg DHA alongside the recommended 250 mg of EPA and DHA by the mother contributes to the normal development of the eyes and the brain of the foetus or the infant being breastfed



Target group from the age of six years

Indications

- Providing concentrated EPA from six years and up
- Vitamin D for normal growth and bone development and a strong and effective immune system

Recommended use 2 softgel capsules per day
To be taken with a meal with a little water.
The softgel capsule can be chewed. You can also mix the contents of the softgel with food.

2 softgel capsules contain

EPA (eicosapentaenoic acid) 500 mg
DHA (docosahexaenoic acid) 110 mg
Vitamin D 7.5 µg / 300 IE

Strawberry flavour

Gluten and lactose-free
60 softgel capsules



www.minami-nutrition.com



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