

I  YOU

PluShinzO-3® Anti-Aging Complex

Arguably the best insurance policy for a healthy heart, youthful body and increased stamina

Only one capsule per day will provide you with the highest EPA concentrate from the purest fish oils.





Let's talk about Healthy Aging

“Even though they are very different, they are both considered to have the most health benefits”, is how today's food experts define the traditional Japanese and Cretan diets.

COMMITMENT TO YOUR HEALTH:

“Our philosophy is simple. We will not provide you with an Omega-3 supplement that is like the rest. Instead, we make our oils and ensure they undergo a one-of-kind, patented technology that guarantees you unprecedented concentration, purity and benefit. This is why we live by the adage, “Good is the Enemy of the Best”. As the founder, I proudly place my name on every product and guarantee satisfaction”.

Jo Wyckmans,
Founder,
Minami Nutrition

One characteristic shared by both diets is their huge diversity in nutrients. They both focus on a balanced intake of Omega-6 and Omega-3 fatty acids and a large variety of antioxidants.

Japanese people who still maintain a diet based on age old traditions, consider rice their main meal and complete their menu with fermented soy products, fish and a wide range of fruits and vegetables, including green leafy vegetables, mushrooms, pickled plums, sweet potato and sea weed. They prefer to drink green tea rather than water.

The Mediterranean diet is an eating pattern not necessarily based on the current diet maintained in countries surrounding the Mediterranean, but on the “traditional” diets of mainly Greece (Crete), Southern Italy, Portugal, Cyprus, Spain and Turkey. This diet model guarantees a well balanced Omega-6/Omega-3 ratio, with olive oil as the main fat, fish and poultry as the main sources of animal protein and vegetarian foods, including vegetables, fruit, whole grains, nuts and seeds. Followers of this diet prefer to drink red wine rather than water, mainly with meals.

SOURCE OF INSPIRATION

Age old traditions tell us that, because they are rich in antioxidants, fruit and vegetables are most important for our health. A healthy meal should include no less than half a plateful of vegetables, preferably vegetables of different colours.

The absolute minimum for fruit is two pieces a day. There is no shortage of different fruits on offer. Nevertheless, in large parts of Europe the unfortunate trend not to include enough vegetables and fruit in the menu continues. Fish also, which is rich in Omega-3, still appears to be unpopular with many people.

The composition of PluShinzO-3 was designed with this in mind. This unique food supplement contains high levels of Omega-3 from oily fish and has been enriched with vital antioxidants in order to supplement a diet that does not yet meet the characteristics of the traditional Mediterranean and Japanese cuisines. We definitely consider this formula the best way to maintain a healthy circulation, fit body and improved stamina.

ANTIOXIDANTS NOT ONLY MAINTAIN A FRESH AND YOUTHFUL APPEARANCE

Have you ever heard of free radicals or antioxidants that combat the production of free radicals? Imagine an apple which has been cut in half. The flesh will turn brown as a result of the production of free radicals. If you rub the cut surfaces immediately with lemon juice the apple will maintain its colour. In this case the lemon juice acts as an antioxidant. In your body the antioxidants in PluShinzO-3 Anti-Aging Complex (tocotrienols, folic acid, pycnogenol, resveratrol from red wine and co-enzyme Q10) maintain the health of your cells and tissues because they mop up the free radicals. There is also another more specific health benefit. Tocotrienols help manage your cholesterol, folic acid your homocysteine level and the Omega-3 fatty acids your triglyceride level.



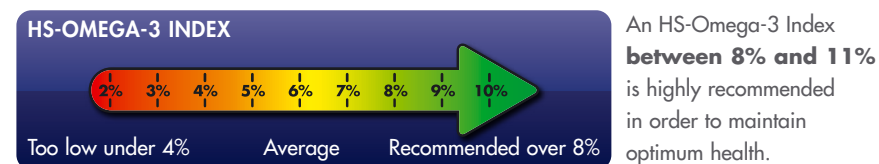
Without antioxidants

OMEGA-3 CONTENT IN EXCESS OF THE RECOMMENDED 8%

The healthiest Omega-3 fatty acids are EPA and DHA, which specifically are the fish based fatty acids. Their share in your fatty acid profile is referred to as your individual Omega-3 Index. It is a personal health monitor: an Omega-3 Index between 8% and 11% points to a healthy circulation. In view of the fact that most Westerners require a high level of these Omega-3 fatty acids, a single capsule of PluShinzO-3 contains a large amount, i.e. 696 mg, EPA with DHA. The quality of these Omega-3 fatty acids is unequalled. Our Omega-3 is purified and concentrated using the mildest procedure available: super critical CO₂ extraction, an environmentally friendly procedure, which also removes all traces of heavy metals from the crude fish oil.

WHAT IS A HEALTHY OMEGA-3 INDEX?

The Omega-3 Index is expressed as a percentage of your total fatty acid make-up. An Omega-3 Index between 8% and 11% is highly recommended in order to maintain optimum health and support the maintenance of a healthy heart and blood circulation. The Omega-3 fatty acids in question are EPA and DHA.



HOW MUCH OMEGA-3 DO YOU CONSUME?

The required daily intake of EPA and DHA in order to reach a healthy Omega-3 Index \geq 8% varies from person to person. Many people require 1000 mg EPA+DHA per day as a result of the fact that our Western diet patterns lead to a rather low average Omega-3 Index, in the order of only 4.5%.



Healthy Aging

ARGUABLY THE BEST INSURANCE POLICY FOR A HEALTHY HEART, YOUTHFUL BODY AND INCREASED STAMINA

PluShinzO-3® Anti-Aging Complex was **inspired** by the **Mediterranean and Japanese diets** as they have been shown to promote health at the highest level.

Because Mediterranean and Japanese diets provide a perfect balance between Omega-6 and Omega-3 fatty acids, and are also rich in antioxidants, PluShinzO-3® Anti-Aging Complex is a wise choice for those people wishing to look and feel great.



CONTENTS:

- Omega-3 + powerful antioxidants - 30 fish gelatin softgels, minimum of 90% Omega-3
- 765 mg Omega-3 (537 mg EPA and 162 mg DHA) helps maintain the normal function of the heart
- 30 mg coenzyme Q10 to maintain cell and tissue strength
- 75 mg blended vitamin E (tocotrienols) to maintain cell and tissue strength
- 25 mg Pycnogenol® to maintain a healthy blood circulation
- 25 mg resveratrol from wine contributes to the maintenance of normal blood pressure
- 2 mg garlic contributes to the maintenance of normal blood cholesterol and triglyceride levels
- 400 mcg folic acid contributes to the maintenance of normal homocysteine levels
- No "fishy aftertaste" and natural orange flavouring
- Gluten-free / Lactose-free

Recommended dose: 1 hexane free softgel per day.

PluShinzO-3® Anti-Aging Complex 30 softgels – 1 month

Increase your Omega-3 Index

MorEPA® PLATINUM HIGHEST SUPERCRITICAL 1005 MG EPA/DHA + EXTRA VITAMIN D

Basic assistance in maintaining a **healthy heart and blood circulation**, contributes to **healthy cholesterol** and supports **emotional well being**. One MorEPA® Platinum softgel provides a amazing high amount as 1100 mg Omega-3 with 765 mg EPA and 240 mg DHA and extra vitamin D per 1 softgel. High EPA fish oil supports mood and helps maintain a healthy blood circulation, as physical wellbeing, all enormous advantages to keep your Omega-3 levels above the healthy advised 8% in your body. Supplementation with vitamin D, referred to as the 'sun' vitamin, is desirable during the dark autumn and winter months.

One capsule a day for individuals with requirements for high Omega-3.



CONTENTS:

A single capsule contains 1100 mg Omega-3, 1005 mg EPA/DHA (765 mg EPA and 240 mg DHA), 7.5 mcg vitamin D3 (150% RDI). Orange flavour. Gluten-free / Lactose-free.

Directions for use: 1 softgel per day with food.

MorEPA® Platinum 60 softgels – 2 months



Real content 1005 mg EPA/DHA

MorEPA® Platinum

MorEPA+PLUS® highest supercritical 90% Dual-Action Omega-3

BASIC ASSISTANCE IN MAINTAINING A HEALTHY HEART AND BLOOD CIRCULATION, CONTRIBUTES TO HEALTHY CHOLESTEROL AND SUPPORTS EMOTIONAL WELL BEING

One MorEPA+PLUS® capsule provides the favourable amount of Omega-3's for maintaining **the normal function of the heart**, while the EPA content is kept high in order to boost your **emotional wellbeing**. High EPA fish oil supports **mood** and helps maintain **a healthy blood circulation**, two advantages in one capsule for individuals with basic Omega-3 requirements.



CONTENTS:

minimum 910 mg Omega-3 (635 mg EPA and 194 mg DHA). Orange flavour. Gluten-free / Lactose-free.

Directions for use: 1 capsule per day with food.

MorEPA+PLUS® 30 softgels – 1 month
MorEPA+PLUS® 60 softgels – 2 months



Real content 830 mg EPA/DHA

MorEPA+PLUS®



ECO FRIENDLY
SUPERCRITICAL
CO₂ EXTRACTION



MINAMI NUTRITION

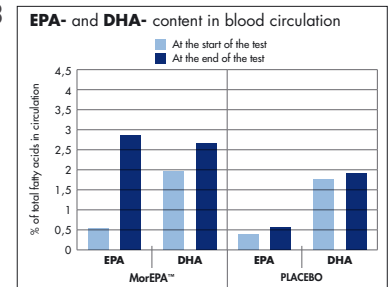


Tested fish oil for use during periods of intense mental effort

When using MorEPA® fish oil, youngster students show more inclination to make extra mental efforts.

MAINTAIN HEART HEALTH, EMOTIONAL AND PHYSICAL WELLBEING, SUPPORT CONCENTRATION, JOINT AND SKIN

MorEPA® is your gold standard Omega-3 fish oil with a high EPA concentration – the Omega-3 fatty acid that aids in the maintenance of **a healthy blood circulation**, may promote a **good mood** and **support concentration**. The fact that MorEPA® helps to restore your fatty acid balance has been proven scientifically.



(*) Antypa N, Van der Does A, Smelt A, Rogers R. Psychopharmacol 2008 Sep 18.

SCIENTIFICALLY PROVEN



CONTENTS:

minimum 850 mg Omega-3
(590 mg EPA and 130 mg DHA).
Orange flavour / Fish gelatin.
Gluten-free / Lactose-free.

Directions for use:
1 capsule per day with food.

MorEPA® 30 softgels – 1 month
MorEPA® 60 softgels – 2 months
MorEPA® FAMILYPACK 120 softgels – 4 months



Real content
590 mg EPA
130 mg DHA

MorEPA® Smart Fats

THE COOLEST OMEGA-3 ON THE PLANET

SUPERCritical "LOW HEAT"
HIGHEST OMEGA-3S
CONVENIENT - ONCE DAILY

NOW THAT IS COOL...

MINAMI

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- 1 Super concentration - up to 90-95% omega-3
- 2 Supercritical difference (low temperature, no solvents)
- 3 Unsurpassed purity
- 4 Unique, scientifically proven formulas
- 5 Small environmental footprint

COLD PROCESSED. SMART CHOICE.

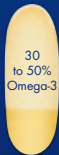
Supercritical CO₂ extraction utilizes 400% less heat than the leading brands – the typical process can expose heat-sensitive oils to temperatures as high as 200 °C. Natural CO₂ is used as gentle alternative to organic solvents and protects the final product from oxidation. Minami Nutrition also offers one of the highest concentrated Omega-3 fish oils on the market, which means more Omega-3 nutrition, no fillers and fewer softgels to take – now that is smart.

1000 mg fish oil
Minami Nutrition



Up to
95%
Omega-3

1000 mg fish oil
Other brands



30
to 50%
Omega-3