

ARE YOU FEELING DOWN



PLUSEPA®
MorEPA®

Supports concentration
and emotional well-being

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





Would you like to improve your mental equilibrium?

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

It has become increasingly clear in recent years which of the Omega-3 fatty acids in fish contribute most to our mental well-being. Oily and semi-oily fish contain two types of Omega-3 fatty acids, i.e. EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid). It is increasingly being generally accepted that EPA helps to promote a happy mood.

EPA SUPPORTS MENTAL WELLBEING

Different combinations of EPA and DHA have been evaluated. Time and again tests have shown that food supplements higher in EPA than DHA, in brief the EPA rich fish oils, had a positive impact on our mental state. Furthermore, the DHA rich fish oils did not provide this support. EPA is, therefore, the ultimate Omega-3 fatty acid to balance the emotional equilibrium. Eating fish is good for you and introduces healthy variation in your diet. However, when eating fish you can never predict accurately

whether you are taking in a surplus of EPA or a surplus of DHA. That is why, in order to support your mental wellbeing, it could be simpler to resort to a strictly controlled EPA rich food supplement such as MorEPA® or PLUSEPA® (a pure EPA-formula without the DHA). All you need to do is take MorEPA® or PLUSEPA® each day to supplement your varied diet, which should include fish. EPA rich fish oil has now been proven to have an uplifting effect in situations associated with a craving for sweet foods in women with menopausal symptoms or adolescents racked with self doubt. In a nutshell, this type of fish oil is an excellent dietary supplement for anyone suffering from occasional dark moods.

TESTED EPA FOR EXTRA MENTAL STAMINA

PLUSEPA® (with its 500 mg EPA and 0 mg DHA content per capsule) is more than just prototype EPA rich fish oil – it is a fish oil of proven scientific quality. A team of experts tested the influence of a Minami Nutrition EPA rich fish oil on the processing of so-called emotional information in a number of university students. The results spoke for themselves. When consuming Minami Nutrition's EPA rich fish oil the students were more inclined to make additional mental efforts. The Omega-3 fatty acid EPA not only supports our mental state, but also our powers of concentration.

The test involving students also demonstrated that Omega-3 from Minami Nutrition is successfully absorbed by the body. In fact, similarly to the MorEPA® supplements, PLUSEPA® is a pharmaceutically pure fish oil. The Omega-3 fatty acids are 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.



EPA RICH FISH OIL FOR PHYSICAL WELLBEING

Our physical wellbeing – including aspects such as the circulation or condition of the skin – is also supported by EPA. This means that EPA rich fish oil has a beneficial effect on our physical wellbeing and sense of fitness too. A single capsule of Minami Nutrition's EPA rich fish oils contains a sufficient quantity of the Omega-3 fatty acid EPA to ensure that we can happily, but with the right degree of concentration, participate in various daily activities, studies, favourite hobbies, family life, etc.

To summarise it is safe to say that a food supplement with EPA rich fish oil contributes to a happy mood, enhances our powers of concentration and benefits our circulation and skin condition. The quality of Minami Nutrition's EPA rich fish oils has been scientifically proven.



CONTENTS:

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

Directions for use:
1 capsule per day with food.

MorEPA® 30, 60 and 120 softgels

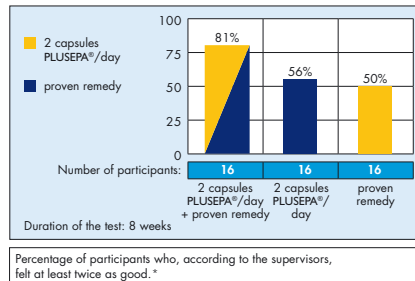
90% EPA concentration Omega-3 supplement

PLUSEPA® SUPPORTS YOUR EMOTIONAL BALANCE

Forty eight adults who had somehow ended up feeling very low participated in a comparative test. It took eight weeks to complete and each group included 16 participants.

Group 1 consumed 2 capsules of PLUSEPA® per day, group 2 was given a proven remedy to support their emotional well-being and group 3 combined the daily dose of 2 capsules of PLUSEPA® with the same proven remedy.

The test showed that the proven remedy and pure ethyl-EPA appeared to be equally effective in controlling mood, while the ethyl-EPA+proven remedy combination showed even better results.



SCIENTIFICALLY PROVEN



CONTENTS:

Two capsules of PLUSEPA® contain 1000 mg EPA, with NO DHA. Each capsule has been supplemented with 11 mg of natural tocopherol extract to prevent the Omega-3 fatty acid from becoming rancid. Gastro resistant capsule. Gluten-free / Lactose-free.

PLUSEPA® 60 capsules – 1 month



CONTENTS:

One capsule of PLUSEPA® contains 500 mg EPA, with NO DHA. Each capsule has been supplemented with 11 mg of natural tocopherol extract to prevent the Omega-3 fatty acid from becoming rancid. Gastro resistant capsule. Gluten-free / Lactose-free.

PLUSEPA® 30 capsules – 1 month

[*] Source: Jazayeri S, Tehrani-Doost M, Keshavarz SA et al. Comparison of therapeutic effects of Omega-3 fatty acid eicosapentaenoic acid and fluoxetine, separately and in combination, in major depressive disorder. Aust N Z J Psychiatry 2008; 42(3):192-8.

90% EPA concentration Omega-3 supplement

BENEFICIAL FOR CHILDREN OF PRIMARY SCHOOL AGE

A recent test was carried out under professional supervision involving 82 children between the ages of 7 and 12. 40 children consumed 1 capsule of PLUSEPA® each day and 42 other children were given a placebo over a 15 week period. Parents, teachers, health workers and the subjects did not know what they were taking. After 15 weeks the teachers produced an objective evaluation of the impact of the test on pupils. They observed that the children felt more at home in the classroom when they took 1 capsule of PLUSEPA® each day. School activities resulted in quite a few happy faces .



ECO FRIENDLY
SUPERCRITICAL
CO₂ EXTRACTION



MINAMI NUTRITION

THE COOLEST OMEGA-3 ON THE PLANET

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

NOW THAT IS COOL...

MINAMI

5

- 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.

Minami Nutrition

Up to
95%
Omega-3



1000 mg fish oil
Other brands

30
to 50%
Omega-3

