



## Triathlete and Managing Director Kevin Van der Straeten 'The results are staggering'

Kevin Van der Straeten combines his demanding job as Managing Director of [eventplanner.be/.nl](http://eventplanner.be/.nl) with one of the most intensive sports, the triathlon. Being a marathon runner, he discovered several years ago that a healthy and balanced diet is essential in order to maintain physical and mental alertness, a must if you want to score high both professionally and in sports.



'The book 'Healthy on the inside, beautiful on the outside' written by Jo Wyckmans was a real eye opener. I became aware of both the detrimental effect of industrially produced food and the countless nutrients that have a positive impact on body and soul. I work on average 70 hours a week and train for at least 15 hours. Unfortunately, this means that I do not always have the time to eat a varied diet to ensure that I consume all essential nutrients in ideal proportions. Notwithstanding my efforts to eat as healthily as possible, my blood analysis highlighted shortages and imbalances, even a raised cholesterol level. Following the advice of a specialist I started taking highly purified food supplements on a daily basis. The idea was to tackle my fatty acid imbalance in particular, since my Omega-3 index appeared to be too low. I have been taking a daily capsule of EPACOR for six months now. The results are staggering. My Omega-3 index has now reached an ideal level. My risk of developing heart and cardiovascular disease has dropped by more than 35% and I have never felt better, both physically and mentally. My performance in sports is improving tremendously and I am more relaxed in my job. I feel fitter and more alive than ever!' [www.omega-3-index.com](http://www.omega-3-index.com)

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### EPACOR



### MorEPA Platinum



+ Vitamin D

# How do you Increase your Omega-3 Index

We all consume too few Omega-3 fatty acids. Yet a healthy fatty acid profile with sufficient Omega-3 has a noticeable impact on mental alertness, concentration, the health of our heart and arteries and our general physical fitness and wellbeing.

Omega-3 fatty acids are essential specifically for people partaking in sports and those continually under pressure professionally, who are expected to perform to the best of their ability. That is why Minami Nutrition supplies these nutrients in their most physiologically effective form in EPACOR Science.

### A healthy Omega-3 index

Scientists specialised in heart and cardiovascular disease have developed a measuring scale for our Omega-3 fatty acid profile. According to this scale – referred to as the Omega-3 index – the ideal proportion of EPA and DHA (the healthiest Omega-3 fatty acids) to promote a healthy circulation is between 8 and 11%. However, most Westerners have an Omega-3 index of barely 4.5%. To raise your Omega-3 index to a healthy 8% you would have to eat at least four portions of fish per week. This is not only difficult to achieve but also unhealthy because of the high doses of PCBs and heavy metals found in most oily fish species.

A single capsule of EPACOR contains 900 mg Omega-3, including 460 mg EPA and 380 mg DHA. This will enable you to increase your Omega-3 index very quickly and in a user friendly manner. This high dose of EPA and DHA will not only maintain the health of your heart and arteries, it will also have a positive impact on your mental state, vision, memory function, concentration and stamina.

### Superior quality and maximum purity

EPACOR Science is a product of the highest quality and purity. Similar to all other Minami Nutrition supplements, this Omega-3 supplement is purified and concentrated using the gentlest procedure currently available: super critical CO<sub>2</sub> extraction, an environmentally friendly procedure, which removes all traces of heavy metals from the crude fish oil. This is guaranteed by the EMAS certificate (Eco-Management and Audit Scheme, approved by the European Parliament).