



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.

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.

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 Omega3 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.

PluShinzO-3 Anti-Aging Complex

Available at your Pharmacy
Visit www.PlushinzO.com for more details

