



Focus on your Omega-3 Index and vitamin D

Omega-3 fatty acids and vitamin D have a number of things in common. Both types of nutrients are found in oily fish. We all tend to consume too few of these nutrients. They are so fascinating that research into their health promoting properties and impact continues unabated. And they are available to you in their most physiologically effective form in a single capsule of MorEPA Platinum.

Vitamin D without vitamin A

You are probably most familiar with vitamin D as the 'sun' vitamin, which maintains the strength of our skeleton. In fact vitamin D promotes the absorption of calcium. However, vitamin D also plays a part in the build-up of your natural resistance and maintenance of a healthy circulatory system, positive mood and normal muscle function. The vitamin D content found in a single capsule of MorEPA Platinum can be consumed without any problem. It represents 150% of the average person's daily requirement. It is in fact the superior form of vitamin D, i.e. vitamin D₃ or cholecalciferol. Did you know that vitamin D₃ is utilised by the body at least three times better than vitamin D₂ (ergocalciferol)?

Vitamin D is referred to as the 'sun' vitamin because our skin produces vitamin D when

exposed to the sun. To get maximum benefit from this you should plan plenty of outdoor activities, particularly during the sunny seasons. Leave a quarter or more of your skin exposed. During the darker periods, usually between November and the end of March, it is virtually impossible to soak up enough sunlight. That's when it would be advisable to consider a vitamin D supplement. You should consequently be aware that with MorEPA Platinum you will also benefit from an exceptionally high Omega-3 content, in addition to the added vitamin D.

MorEPA Platinum is the healthy alternative to cod liver oil, which unfortunately contains vitamin A, as well as vitamin D and a fairly low amount of Omega-3. We do not need extra vitamin A in our diet. In fact this vitamin weakens our bones and thus counteracts the effect of vitamin D, which is

particularly disadvantageous for women after the menopause. Furthermore, the production of cod liver oil has an adverse effect on fish stocks as huge amounts of cod need to be sacrificed to produce your daily dose of Omega-3. So, also from an ecological point of view, MorEPA Platinum is a much better option. This fish oil is derived from sustainably managed Antarctic mackerel and sardines, which naturally contain a lot of Omega-3.

We all have our own individual Omega-3 Index

EPA and DHA are the healthiest Omega-3 fatty acids. Their share in your fatty acid profile is referred to as your own Omega-3 Index. It acts as your personal health monitor: an Omega-3 Index between 8% and 11% points to a healthy circulation. A single capsule of MorEPA Platinum contains a large quantity of EPA and DHA, no less than 1005 mg. With a daily dose of this magnitude the recommended Omega-3 Index is truly within your reach. After all, many Westerners have to make do with an Omega-3 Index, which barely reaches 4.5%.

In order to raise such a low score to a healthy 8%, it is advisable to eat four fish based meals per week. However, this appears to be difficult to achieve for many people. Hence the opportunity to choose the user friendly option of EPA and DHA consequently support your circulation but they have an even wider impact on your health. The EPA content in a single MorEPA Platinum capsule is sufficiently high to buoy up your mental state. The DHA content contributes significantly to the sharpness of your vision and memory. The quality of our 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.

MorEPA Platinum

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

To find out more about your Omega-3 Index:
visit www.omega-3-index.com



**Highest Supercritical
1005 mg EPA/DHA
+ extra Vitamin D
per 1 capsule**