

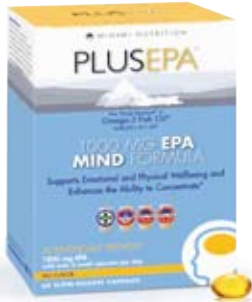


PLUSSEPA®  
 “Super Critically” Different  
 from Other Omega-3  
 Fish Oil Supplements for  
 Depression and ADHD\*



\* THIS STATEMENT HAS NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.

# PLUS EPA® 60



## Contents

95% concentration Omega-3 supplement. Two capsules of PLUS EPA® contain 1000 mg EPA, with **zero** 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.

## Directions for use:

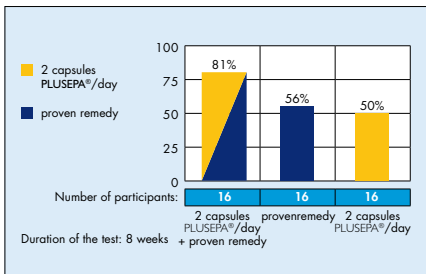
2 capsules per day

PLUS EPA® 60 capsules – 1 month supply

## PLUS EPA® SUPPORTS YOUR EMOTIONAL BALANCE

A recent double blind, randomized trial shows that pure ethyl-EPA (PlusEPA®, made by Minami Nutrition) is as effective as fluoxetine in the treatment of depression, and when used in combination show even better outcomes.

Over an eight-week period, 60 outpatients with a diagnosis of major depressive disorder were randomly allocated to receive a daily dose of either 1000 mg ethyl-EPA or 20 mg fluoxetine, or a combination of PlusEPA and fluoxetine, and were assessed every two weeks.



Percentage of participants who, according to the supervisors, felt at least twice as good

Using the Hamilton Depression Rating Scale (HDRS), the study showed that fluoxetine and pure ethyl-EPA appeared to be equally effective in controlling depressive symptoms, based on a 50% or more decrease in HDRS scores, while the ethyl-EPA+fluoxetine combination showed even better results.

Jazayeri, Shima; Tehrani-Doost, Mehdi; Keshavarz, Seyed A. et al. (2008). Comparison of therapeutic effects of omega-3 fatty acid eicosapentaenoic acid and fluoxetine, separately and in combination, in major depressive disorder, Australian and New Zealand Journal of Psychiatry, 42:3, 192 – 198.

# PLUSEPA® 30



## Contents

95% concentration Omega-3 supplement. One capsule of PLUSEPA® contains 500 mg EPA, with **zero** 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.

## Directions for use:

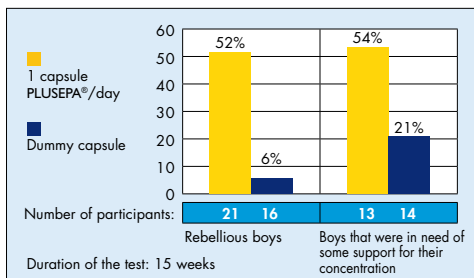
1 capsules per day

PLUSEPA® 30 capsules – 1 month supply

## IMPROVED CONCENTRATION AND LESS OPPOSITIONAL BEHAVIOR IN CHILDREN\*

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 and support it provided:



The study showed that according to the teachers, their students were less oppositional (i.e. less rebellious) and had improved concentration when they were taking one capsule a day of PLUSEPA®.

Gustafsson PA, Birberg-Thornberg U, Duchén K, Strandvik B, Karlsson T. "HPEPA-01" - Placebo controlled, randomised, double-blind, multicentre study of PLUSEPA® (a PUFA, Polyunsaturated Fatty Acids, supplement) as treatment for ADHD (combined type) with co-morbidity in Swedish children ages 7-12. Abstract and presentation, presented at ISSFAL, 2008 ([www.issfal2008.org](http://www.issfal2008.org)).

## WHY BUY PLUSEPA®?



When it comes to nutritional supplements, many people find that key ingredients for good health are omega-3 fats from fish oil. These compounds have been shown to lower the risk of heart disease by reducing triglycerides and inflammation, managing healthy cholesterol, as well as treating ADHD in kids and depression in adults. However, before you rush out to buy omega-3 supplements, it's important to remember that not all omega-3 supplements are created equal.

For example, Minami Nutrition's

supplements have the highest concentration of omega-3 fatty acids that is commercially available, so people only have to take one capsule per day to receive the benefits. Moreover, the fact that its products are the most pure on the market with undetectable levels of heavy metals is not enough, then the ability for the consumer to prove this, batch by batch, on our website has made fans even out of the most skeptical people. The supplements even tackle the age-old problem of "fishy" aftertaste by having unprecedented low levels of oxidization and high stability.

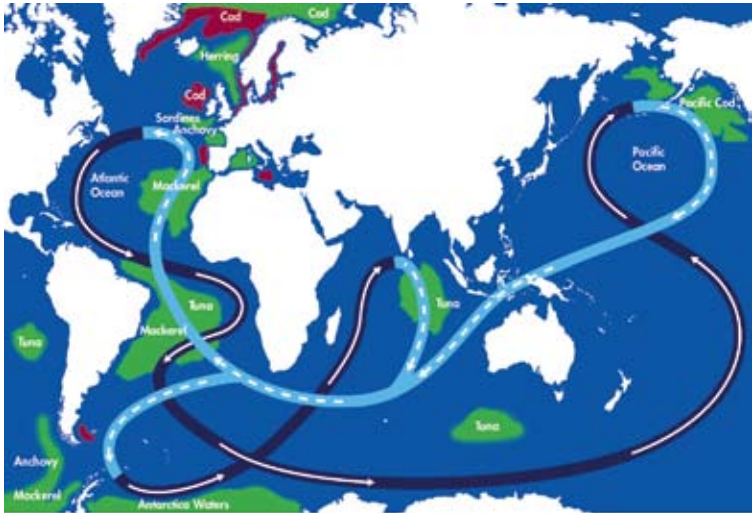
Additionally, while every fish oil supplement in the U.S. is manufactured using molecular distillation, Minami Nutrition oils are produced by "supercritical" CO<sub>2</sub> distillation extraction process. The procedure uses 400 percent lower temperatures with no oxygen exposure, which maintains Omega-3 integrity so they can provide their full health benefit. In addition, this method ensures that there are no saturated fats—a far cry from 99 percent of fish oils sold in the U.S. that have unacceptable high levels of saturated fats which impede your body's ability to use Omega-3's. Minami Nutrition Omega supplements have received awards from ConsumerLab.com as the highest concentrated Omega-3 product as well as internationally for being the "best tasting" fish oil.

# WE HAVEN'T GONE GREEN, WE STARTED THAT WAY



The company's "green" attitude is shown by the fact that it doesn't obtain fish from over-fished waters—instead reeling them in from sustainable oceans close to Antarctica. The oils are not processed using by harsh chemicals like hexane that could be hazardous to the environment. And by using smaller fish, such as mackerel and sardines, as well as our unique process the level of possible contaminants is significantly lowered. These and other reasons have resulted in receipt of

the Eco-Management and Audit Scheme (EMAS) status, a very stringent European environmental standard.



Species is relatively abundant, and fishing/farming methods cause little damage to habitat and other wildlife.



Species has a combination of problems such as overfishing, high bycatch, and poor management, or farming methods have serious environmental impacts.

Minami Nutrition receives positive support from the leading figures in Omega-3 fatty acid and nutrition research by providing incredible quality and efficacious fish oil supplements.

# ADVANTAGES OF USING CO<sub>2</sub> EXTRACTION

## PLUSEPA®:

**Super Critical Difference:** all oils are processed at 400% less heat than molecularly distilled brands, with no oxygen exposure or use of harsh solvents like hexane. This maintains the integrity of Omega-3 fats.

**Highest Concentration:** The highest concentrated as 95% Omega-3 fatty acids on the market mean you only need to take 1 gel cap, not 4 to 10 gel caps per day or need to bother with the use of liquid cod liver oils.

**Unprecedented Purity:** Our Omega-3's exceed strict international standards for heavy metals, PCB's, pesticides, dioxins. See [www.morepa.com](http://www.morepa.com) for proof.

**Formulation:** Optimal EPA:DHA ratios, no saturated fat used as filler, encapsulated as Gastro resistant capsule for optimal absorption.

**Taste:** No fishy after-taste, no added fruit flavors.

**Small Environmental Footprint:** Only fish oil to receive EMAS status, a very stringent European standard.



Manufactured by Minami Nutrition NV-SA  
2650 Edegem, Belgium. Made in EU

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[www.minami-nutrition.com](http://www.minami-nutrition.com)



ENVIRONMENTALLY  
FRIENDLY PURIFIED  
EUROPEAN NUMBER ONE

 MINAMI NUTRITION