

# Minami Nutrition Omega-3's are Supercritical to Your Health...

## Only One Capsule a Day = Convenience

Minami Nutrition has formulated a range of omega-3 fatty acid supplements from a patented Supercritical CO<sub>2</sub> distillation process - the "gold standard" in omega-3 formulation. Minami Nutrition's Supercritical CO<sub>2</sub> distillation in process is low temperature and oxygen free. This helps to maintain the integrity of the highest concentrated omega-3's on the market and provides you with the undisputable advantages of omega-3 starting with 1 capsule per day, not 3-6 capsules of most brands on the market.

## Exceptional Purity = Piece of Mind

Minami Nutrition's Supercritical CO<sub>2</sub> distillation process is your assurance of exceptionally pure Omega-3 supplements extracted from only small deep-sea fish. They exceed US standards for contaminants such as mercury, lead, cadmium, PCB's, pesticides, dioxins and oxidation levels. We encourage consumers to see the proof of this on our website [www.morepa.com](http://www.morepa.com)

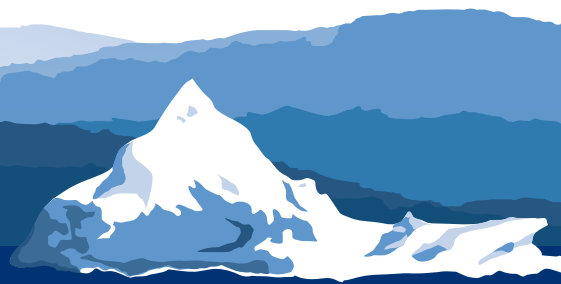
## What can Omega-3's do for me?

Many countries recommend adults consume at least 1-2 grams of Omega-3's daily in both the EPA and DHA form. The White House advocates the consumption of Omega-3 fatty acids and literally thousands of scientific studies have found that they may provide the following additional benefits:

**EPA** = Promotes a healthy heart and circulatory system\*, Supports healthy homocysteine levels\*, Supports proper immune function\*, Promotes good mood and emotional well-being\*, Supports joint flexibility\*, Assists with management of AD/HD, dyslexia, dyspraxia, learning ability in children\*

**DHA** = Essential for memory, cognitive function, learning, & focus\*, Supports a healthy pregnancy\*, Promotes good mood & emotional wellbeing\*, Reduces harmful effects of stress\*, Supports visual and brain development of fetus and infants \*

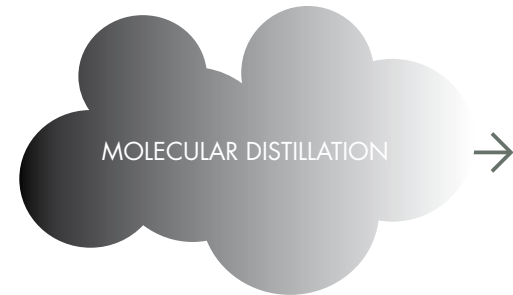
\*This statement not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.



ENVIRONMENTALLY  
FRIENDLY PURIFIED  
EUROPEAN NUMBER ONE

Minami is famed for being the first company to use a patented Supercritical CO<sub>2</sub> distillation process to make extremely high concentrated and exceptionally pure Omega-3 fish oil supplements.

The following diagram illustrates the differences between this process and molecular distillation.



**Take Home Messages:** **Supercritical Difference:**

Low temperature and no oxygen exposure maintains integrity of omega-3 supplements for full health benefits.

**No Saturated Fat or Trans Fat:**

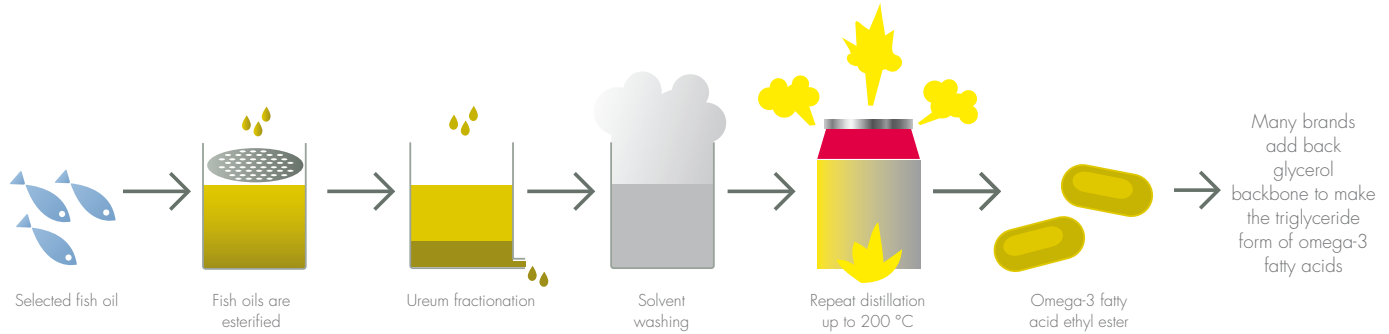
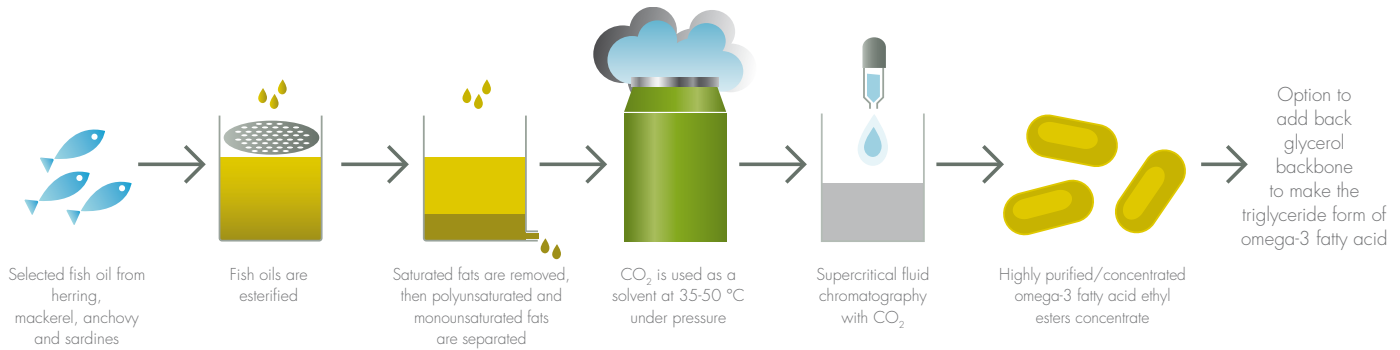
Saturated fats are not used as "filler" in Minami Nutrition fish oils.

**Purity:**

Omega-3's exceed standards for heavy metals, PCB's, pesticides, dioxins etc.

**Environmentally Conscious:**

Fish obtains from Chilean and Spanish waters, no use of harsh chemicals - entire process from fish capture, encapsulation/ packaging overseen by Minami.



### Concentration:

Highest concentrated Omega-3 fatty acids commercially available - you only need to take 1 capsule per day.

### Minami Nutrition Is about Proof, Not Promises:

Driven by research before making claims which may be proven false.

### Taste:

No "fishy" aftertaste as oils are not rancid, with added natural fruit flavors like orange and strawberry.

### Health Efficacy:

Minami Nutrition Omega-3 fatty acids are in an ethyl ester form - highly absorbable and efficacious.

### Endorsed By The Best:

Minami Nutrition is supported by the leading figures in Omega-3 fatty acid research.

# Primer on Purchasing Omega-3 Fish Oils

## How much omega-3 am I actually getting?

When shopping for omega-3 fatty acids it is easy to be mistaken that if each capsule contains 1000 mg. of fish oil you are automatically getting 1000 mg of omega-3 fat. Unfortunately this is not the case as only 30% of what is contained in standard fish oil capsules are omega-3 fats. Minami Nutrition fish oil supplements provide you up to 95% Omega-3 fat which is why you only need 1 capsule each day. Although lower concentration fish oils may be less expensive per container, when you take into account that you will probably need 3-4 capsules to equal 1 of Minami Nutrition's Omega-3, you will come to the startling revelation that our brand is also great value.

## What is used to fill up the capsules that contain lower concentrated omega-3 fats?

If you are taking a fish oil that is 30% concentration then 70% is of the capsule is a "filler", which is often comprised of saturated fats that we believe prevent maximum omega-3 absorption and utilization by the human body. One way to find this out is to see what the saturated fat level is on the Supplements Facts panel. Minami Omega-3 supplement are proud to have zero saturated fat and Trans fat.

## Does the thought of taking your daily fish oil make you feel queasy?

Minami Nutrition fish oil supplements are not your grandmothers cod liver oil. This is why we created a range of the best tasting fish oils on the market in easy to swallow capsules. All of our gel caps are made from fish gelatin and are designed so that the omega-3 oils are absorbed for maximum absorption and therefore the likelihood of "fish burps" and "repeat" is reduced. Our supplements have no fishy odor and are flavored with orange and strawberry.

## Nutrition questions or comments? Call Minami Nutrition USA on

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