

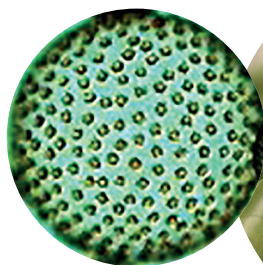


# MEGAGREEN

Premium quality  
marine phytoplankton

Vegan omega-3 EPA

HEALTHY PEOPLE,  
HEALTHY PLANET



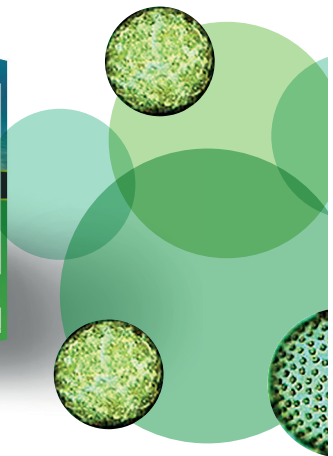
# MEGAGREEN - a unique natural health product



Omega-3 fatty acid EPA is an essential fatty acid, necessary for your health. It is essential that it be part of your diet, because your body can't generate it. All EPA originates from marine microalgae. It is found in marine fish, such as salmon, tuna, halibut and krill, but it all originates from marine algae: fish can't make it. They get it from their diet. Just like us.

Megagreen marine phytoplankton (*Nannochloropsis gaditana*) is the ultimate polar lipid-bound, highly bio-available vegan omega-3 EPA source. It is full of nutrients, vitamins, marine minerals, amino acids and antioxidants such as beta-carotene, astaxanthin, zeaxanthin, violaxanthin and chlorophyll, and omega 7 and 9. 100% vegan and from a truly sustainable source.

Megagreen is 100% vegan and from a truly sustainable source. Until now, only fish or krill oil could provide the recommended EPA quantity your body needs. With Megagreen, we have created a vegan, natural and sustainable source of omega-3 EPA. It is a unique natural health product for the maintenance of good health.



## The benefits of omega-3



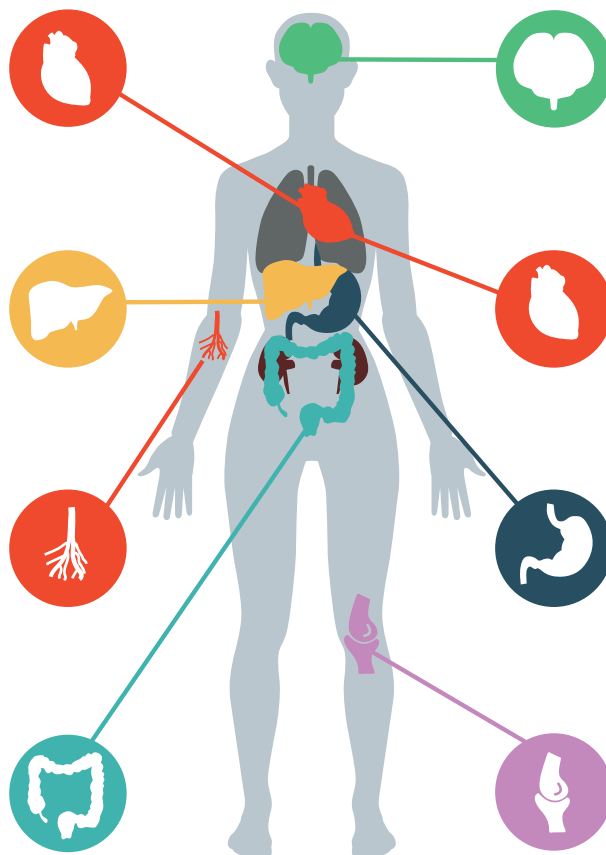
Over the past decades, the essential omega-3 fatty acids EPA and DHA have been the subject of numerous scientific studies. They all point in the same direction: omega-3 fatty acids are incredibly important for human health and support essential bodily functions.

- improves blood circulation
- lowers blood pressure

- helps fight depression and promotes a healthy mood balance

- lowers cholesterol and TG

- anti-inflammatory effects



- improves cognitive (brain) function

- reduces the risk of cardiovascular disease

- improves immune system response

- reduces pain of rheumatoid arthritis in adults

# A pure and natural source



Megagreen marine phytoplankton is a high-quality source of pure and natural essential nutrients for body and mind. Megagreen is harvested from our sustainable algae farm in the Netherlands and directly packed, unrefined and with no additives. It is grown in water that is extracted from an ancient subterranean seawater

aquifer, free of pollutants. No pesticides or herbicides are used. The result is pure, premium-quality marine phytoplankton full of health-boosting vitamins, minerals and antioxidants.

- Is an excellent source of vegetarian omega-3 fatty acids for the maintenance of good health
  - Is a source of eicosapentaenoic acid (EPA)
  - Is a source of antioxidants
  - Helps to form red blood cells
  - Helps in the normal function of the immune system
  - Helps in energy metabolism in the body
  - Helps to maintain the body's ability to metabolize nutrients
  - Helps to balance the body's pH levels.
- A major step towards well-being and greater health benefits, such as increased energy, and aiding the body's ability to release toxins, better assimilate vitamins and minerals, and prevent disease



NUTRITION FACTS			
Serving size: 3 capsules OR (1.5 grams)			
Amount per daily dose (2 servings)		% NRV	
Calories	50	kJ	0.6%
	12	kcal	
Total fat	0.60	g	0.9%
Protein	1.40	g	2.3%
Dietary fibre	0.50	g	
Carbohydrates	0.20	g	<0.1%
- sugars	<0.50	%	
Sodium	0.04	g	2.3%
FATTY ACIDS			
Unsaturated fatty acids	0.20	g	
- Polyunsaturated	0.10	g	
- Monounsaturated	0.10	g	
Saturated fatty acids	0.10	g	0.5%
Trans fat	<0.01	g	0.0%
Omega-3 EPA	105	mg	
Omega-6 arachidonic acid	13	mg	
Omega-6 linoleic acid	9	mg	
Omega-9 oleic acid	16	mg	
Omega-7 palmitoleic acid	90	mg	
Palmitic acid	69	mg	
Myristic acid	12	mg	
MINERALS			
Calcium	26	mg	
Phosphorus	39	mg	
Iron	8	mg	
Magnesium	14	mg	
Manganese	900	µg	
Potassium	30	mg	
Zinc	150	µg	
Selenium	2.6	µg	
Iodine	60	µg	

## OUR PHILOSOPHY: HEALTHY PEOPLE, HEALTHY PLANET



Of course, fish is a source of omega-3 EPA. But the environmental impact of the fishing industry is enormous: one litre of fish oil requires 20 to 100 kilos of fish. Scientists warn that overfishing is a primary cause of ecosystem collapse in many aquatic systems, and many worry about the pollution of the seas.

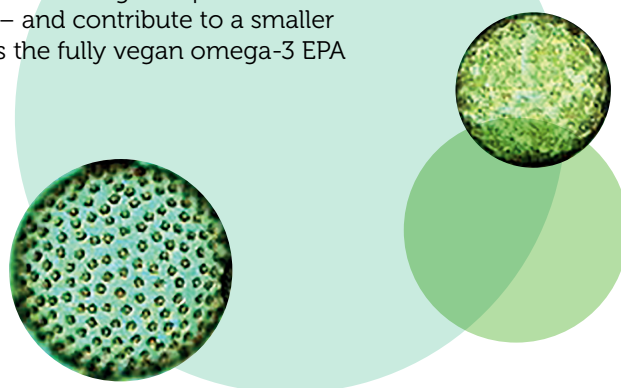
Some see vegetable oils as an alternative omega-3 source. But plant oils require vast areas of arable land and large quantities of water to produce a relatively small amount of oil. On top of that, seeds from plants such as flax, hemp, sea berry and ahiflower do not contain the essential EPA but other omega-3 fatty acids that the body must first convert into EPA. That is far from optimal.

Megagreen is the sustainable solution for our EPA deficiency. It is produced in inland algae farms under strictly controlled conditions and offers the purest and highest quality of marine microalgae. No arable land or scarce fresh water is needed to produce the microalgae. Only natural daylight is used in production. The result is a 100% pure, natural and vegan product that contributes not only to a healthy body and mind but also to a healthy and sustainable planet.

# Why choose MEGAGREEN



Megagreen fits in a modern, active lifestyle. In a world that is as intense as ours – we all know the strains of combining work, family life and social commitments – a healthy and balanced diet is essential to stay fit and in good shape. Megagreen omega-3 EPA contributes to this, supplying the nutrients that are necessary for your health that the body doesn't produce itself. Use Megagreen daily with any meal. Take it as a vegan capsule or make a delicious and healthy shake with Megagreen powder – and contribute to a smaller environmental footprint at the same time. Megagreen is the fully vegan omega-3 EPA supplement that is good for both you and the planet.



There is a huge selection of supplements and products that claim to be a good omega-3 source.

This is why MEGAGREEN marine phytoplankton is your best choice

	fish oil	krill oil	plant seed oils like flax, hemp	algae like chlorella, spirulina	microalgae oils EPA/DHA	MEGAGREEN marine phytoplankton
essential omega-3 EPA	●	●			●	●
polar lipid-bound omega-3		●			●	●
omega-7					●	●
vegan			●	●	●	●
sustainable			●	●		●
unrefined				●	●	●
unpolluted			●	●		●
antioxidants, minerals, vitamins and more				●		●

MEGAGREEN is a product of AlgaSpring B.V.,  
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