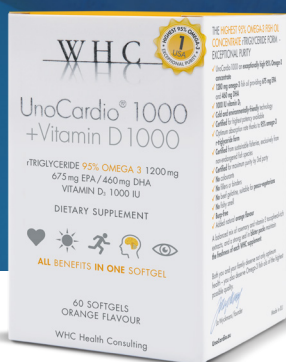


BOOST YOUR HEALTH WITH THE BEST OF THE BEST



UnoCardio® 1000

Unique, pure and highest concentrated 95% omega-3 in r-triglyceride form



Certified from sustainable fisheries



UnoCardio® VEGAN

Unique, pure and highest concentrated 80% vegan omega-3 in r-triglyceride form

UnoCardio® 1000

THE MOST POWERFUL 95% OMEGA-3
FISH OIL WITH EXTRA BENEFIT FOR MORE
SUNSHINE IN YOUR LIFE

FREE SUNSHINE VITAMIN

UnoCardio® 1000 contains an impressive 1200 mg of pure omega-3 (particularly EPA and DHA) in an **exceptionally high concentration of minimum 95%**. Its concentration as r-triglyceride promotes a much better absorption by the body than the more commonly used ethyl ester concentrates. We have made this great fish oil even more potent by adding 1000 IU vitamin D₃ in a natural form. This sunshine vitamin helps to maintain healthy bone and muscle function, and supports the functioning of the immune system. EPA and DHA help to keep the heart functioning well*, with DHA* also being a vital building block for the brain that contributes to its normal functioning. **UnoCardio® 1000 is a wonderful boost for your heart, brain, bones and immune system**

♥ ☀️ 🏃 🧠 👁️ in a single softgel.

* minimum dose of 250 mg per day.

TOP OF THE LIST IN THE US

UnoCardio® 1000 was the first European omega-3 supplement to be voted number one in the U.S. It has been awarded excellent scores by renowned consumer organisations for its high concentration and remarkable purity.



UnoCardio® 1000

- Vitamin D₃
- 95% omega-3
- r-Triglyceride
- EPA 675 mg
- DHA 460 mg
- Fish Gelatin

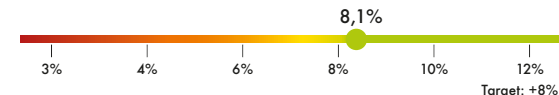
UnoCardio® X2

EXCEPTIONALLY HIGH
CONCENTRATION,
UNEQUALLED PURITY

The EPA and DHA* in UnoCardio®X2 will support a good, normal functioning of the heart. In the most famous and large-scale research GISSI study on this subject ever conducted, participants were given daily fish oil with 1 g EPA and DHA for a period of 3.5 years. As a result their heart function has been improved – by no less than 45% – when compared to participants who had not taken extra omega-3 fatty acids.

HOW HEALTHY IS YOUR DIET?

An Omega-3-index.com test will tell you whether you are eating sufficient healthy fats and will show which foods are best avoided. It will tell you the exact amounts of Omega-3, Omega-6 and Omega-9 fatty acids, saturated fats and trans fats you are ingesting. To maintain a healthy heart your blood must contain at least 8% Omega-3.



RECOMMENDED FOR PREGNANT WOMEN

This supplement is also highly recommended for pregnant women. After birth, this fish oil supplement will provide your baby with extra DHA when you are breastfeeding.



UnoCardio® X2

- 95% omega-3
- r-Triglyceride
- EPA 622 mg
- DHA 420 mg
- Fish Gelatin

(*) minimum dose of 250 mg per day.

UnoCardio® VEGAN

UNIQUE, PURE AND
HIGHEST CONCENTRATED 80%
VEGAN OMEGA-3

Our UnoCardio® Vegan algae oil is very high in **EPA** and **DHA** and a perfect alternative for people who don't want to eat fish. One (1) vegan softgel provides you with more than **800 mg Omega-3**, or twice as much as most other algae supplements. Thanks to its **Triglyceride (rTG)** form the body will absorb the EPA and DHA extremely quickly and efficiently. The UnoCardio® Vegan EPA and DHA is extracted using a three step Unique Purification Process.

WHY EXTRA EPA AND DHA INTAKE FOR VEGANS?

Plant foods are high in omega-6 fatty acids, mainly from vegetable oils such as safflower, corn and sunflower oils. In addition, vegetable omega-3 sources such as flaxseed, walnut, rapeseed oil and soy products contain the omega-3 fatty acid alpha linolenic acid (ALA). The body tries to make EPA and DHA from ALA. Research shows that a portion of the ALA consumed is indeed converted to EPA, but against all expectations, DHA in red blood cells can decrease by 25%*. That is why a daily supplementation with at least 500 mg of EPA and DHA is recommended.



(*): Greupner T et al. Food Funct. 2018; 9:15871600

UnoCardio® FISH OIL

IDEAL FOR ADULTS AND ADOLESCENTS
WHO DON'T LIKE SWALLOWING
CAPSULES. **SO EASY!**

Discover how economical and easy to use our unique UnoCardio® Omega-3 Fish Oil is. Test and compare with other fish oils. Our fish oils are sourced via certified sustainable fishing methods from the world's cleanest waters. UnoCardio® Fish Oils are extra purified and concentrated up to 90% omega-3 via a cold and environment friendly technology. Natural antioxidants as mixed tocopheroles and rosemary extracts are added to retain the oil's unique freshness and potency. Thanks to its **90% TRIGLYCERIDE (rTG)** concentration your body will absorb the **EPA** and **DHA** fatty acids from the fish oil extremely quickly and efficiently. Each **1/2 teaspoon** of UnoCardio® Fish Oil provides an amazing **high dose of 2165 mg** of omega-3s, **including 1970 mg EPA and DHA**, which support the normal function of the heart.* Moreover, DHA is also good for brain and vision.*



(*): minimum dose of 250 mg per day.

ALSO RECOMMENDED FOR PREGNANT AND BREASTFEEDING WOMEN

If a pregnant or breastfeeding woman consumes an extra portion of 200 mg DHA each day, in addition to her daily intake of 250 mg EPA+DHA, the DHA will contribute to the development of the eyes and brain of the foetus or infant.



UnoCardio® Active Mind

GOOD FOR THE BRAIN AND EYES,
SHARPENS THE SENSES

EXCEPTIONALLY RICH

The latest UnoCardio product does not only have a high concentration (+90%!) of easily absorbable omega-3 fish oil (mainly **EPA** and **DHA** in **r-triglyceride form**), but also contains an impressive amount of other nutrients: six **B-vitamins (B₂, B₃, B₆, B₁₂, biotin and folic acid)**, **vitamin D₃**, **selenium**, **ginseng**, **lutein** and **zeaxanthin** (two ingredients from the yellow or orange marigold flowers, found in many gardens).

FOR BRIGHT BRAINS

UnoCardio® Active Mind is the perfect complex for anyone working long hours on the computer or involved in a job that requires high concentration. It is also ideal for older adults who are still eager to learn and like to keep their minds sharp.

FOOD FOR THOUGHT

This unique formula makes UnoCardio® Active Mind an extraordinary complex, that thanks to EPA and DHA* contributes to a normal heart function, and optimises blood composition by ensuring a good iron absorption (vitamin B₂) and a normal formation of red blood cells (B₆, B₁₂ and folic acid). Your immune system is supplied with everything it needs to function well (vitamin B₆, B₁₂, D₃, folic acid and selenium), while tiredness is also reduced (vitamin B₂, B₃, B₆, B₁₂ and folic acid).

UnoCardio® Active Mind's greatest benefit is its DHA, that helps you get the best out of your brain and eyes at any age.

(*) minimum dose of 250 mg per day.



UnoCardio®
Active Mind
1 softgel



545 mg omega-3
Complex of B Vitamins,
Folic acid, Biotin,
Selenium, Vitamin D₃,
Ginseng, Lutein,
Zeaxanthin

UnoCardio® Sports

HIGHEST POTENCY FISH OIL
+ NEM® EGGSHELL MEMBRANE

MOVING SMOOTHLY

The purified fish oil in UnoCardio® Sports was obtained using a unique and ecologically sustainable cold production method. The r-triglyceride form (r-TG) ensures maximum absorption of the Omega 3 fatty acids EPA and DHA.

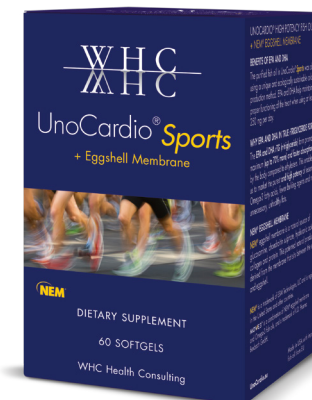
NEM® eggshell membrane is a natural source of **glucosamine**, **chondroitin sulphate**, **hyaluronic acid**, **collagen** and **protein**. This patented natural product is derived from the membrane that sits between the egg and eggshell and definitely recommended for all those engaging in sports**.

** 85 healthy men and women between the ages of 40 and 75 took part in a randomised, double-blind, placebo-controlled study. Participants carried out a step exercise (40 to 100 steps per leg) on alternating days for two consecutive weeks. **Compared to placebo**, those participants who had used the **UnoCardio® Sports formula with 500 mg "NEM" eggshell membrane** each day for a fortnight had a **better walking experience immediately after exercise** and **for a further 12 hours afterwards**.

For adults and adolescents,
2 softgels per day.

Best taken with a meal
rich in fatty foods such as
yoghurt, foods containing
olive oil or other fats.

NEM® is a trademark of ESM
Technologies.



UnoCardio® Sports
2 softgels contain:

1250 mg
omega-3
EPA 720 mg
DHA 480 mg
500 mg eggshell
membrane NEM®

QuattroCardio®

MIRACLE MIX KEY SUPPLEMENT AFTER AGE 35

FOUR UNIQUE NUTRIENTS

QuattroCardio® is a great all-rounder with a unique composition of four top quality ingredients:

- High dose of easily absorbable **omega-3 fish oil (EPA and DHA)**, more than 95% per capsule: contributes to the normal functioning of the heart*, while DHA also helps brain and eye functions*
- Extremely pure form of **vitamin K₂**: helps to maintain a healthy bone metabolism
- Highly effective **vitamin D₃**: this 'sunshine vitamin' contributes to keeping your bones strong and to good functioning of your immune system and muscles, without the harmful effects of actual sun exposure
- **Coenzyme Q10 (ubiquinol)**: this vitamin-like substance is found in our body cells; as an antioxidant it is also a popular ingredient of anti-aging creams

BOOST FOR WOMEN AND MEN OVER 35

QuattroCardio® boosts your overall health. Think of it as a life insurance in a single package, benefitting both men and women over the age of 35.

This complex provides you with no less than 622 mg EPA and 420 mg DHA per softgel. This is the ideal amount to raise your omega-3 levels (also called omega-3 index) above the recommended 8%.



(*) minimum dose of 250 mg per day.

O'HISA™ + Omega Complex

COMPLEX OF TWENTY ESSENTIAL NUTRIENTS TO GET THE BEST OUT OF YOUR SKIN AND BODY

Research has shown that the population is often deficient in essential nutrients.

And, even worse, it turned out that fish was only sporadically on the menu, resulting in very low blood omega-3 levels.

With O'HISA™ Omega Complex, you can boost your body with these essential nutrients, and now simply by taking two softgels a day.

95% omega-3 - with EPA and DHA - not only at the highest available dose but also in highest purity. Your daily serving contains 1200 mg omega-3. **B vitamins** contribute to the best possible functioning of your natural resistance (**B₆, B₁₂, folic acid**) and help reduce fatigue (**B₂, B₅, B₆, B₁₂, folic acid**). Biotin and zinc help keep your hair healthy, while copper favours normal pigmentation of skin and hair. **Copper** also contributes to normal energy-yielding metabolism. **Sunshine vitamin D₃** helps keep bones and muscles strong, while contributing to the normal functioning of the immune system.

Selenium supports normal thyroid function and helps protect against oxidative stress.

Vitamin K₂ contributes to normal blood clotting and to the maintenance of strong bones.

A portion of **hydroxytyrosol**, a polyphenol from olive oil (**omega-9**), contributes to the protection of blood fats from oxidative stress.* 100% plant-based **hyaluronic acid** (a substance that naturally occurs in our bodies and acts as a 'lubricant', but whose production declines as we age).

Natural **astaxanthin** (a versatile carotenoid). **SOD**, a special melon extract (= superoxide dismutase).

Palmitoleic acid, an omega-7 fatty acid from sea buckthorn berry oil.

(*) Beneficial effect with a daily dose of 20 g olive oil.



O'HISA™ Shots

EASY TO TAKE
AFTER A WORKOUT

A SHOT MADE WITH KANEKA UBIQUINOL™ COENZYME Q10,
COLLAGEN, BCAA'S AND MELISSE EXTRACT

Ready to recover?

O'HISA™ Shot fits into your sports training. The unique formula combines Ubiquinol, Collagen, BCAAs and Lemon balm extract, for mental and physical recovery after training.

- **Melissa or Lemon balm** is a relaxing herb that adds to your mental recovery. Adequate rest after a workout keeps your condition at a high level.
- **Branched-chain amino acids** (BCAA's) are a group of 3 essential amino acids (L-leucine, L-isoleucine, L-valine) and supreme building blocks of proteins.
- At the same time, our **Collagen** is a premium protein source itself and of marine origin. Since proteins contribute to a growth in muscle mass and the maintenance of normal bones, they do support your physical recovery.

Shape up your body

While Collagen and BCAA's improve protein levels, they inevitably help tighten your body as long as you stay disciplined with appropriate workouts. Protein helps maintain muscle mass, which adds up to your 'toned' look and brings out the best of your figure.



O'HISA™ Beauty from the inside out

ARM YOURSELF FROM THE INSIDE
AGAINST AGING ON THE OUTSIDE

O'HISA™ FOR RADIANT BEAUTY AT ANY AGE

When our bodies receive all essential nutrients, our health is reflected in smooth, radiant skin and thick, luxuriant hair. Unfortunately, our hectic lives do not always allow to maintain a balanced diet. So we created O'HISA™ to give your immunity and your outer appearance a boost, at any age.

SKIN FOOD FROM PLANTS

O'HISA™ is the acronym for Omega Hair Immunity Skin Anti-Aging. This exceptionally pure cocktail of natural ingredients is exclusively derived from plants. It contains 100% plant-based **hyaluronic acid** (a substance that naturally occurs in our bodies and acts as a 'lubricant', but whose production declines as we age), natural **astaxanthin** (a versatile carotenoid), a special **melon extract** and sea buckthorn oil.

Nutrients as zinc, vitamin B₂, biotin and beta-carotene (provitamin A) from sea **buckthorn oil** (+ omega-7) help maintain healthy, smooth skin, whereas biotin and zinc contribute to keeping a full head of hair. O'HISA™ also promotes the successful functioning of the immune system (**zinc, vitamin B₆, B₁₂, folic acid, copper and beta-carotene/provitamin A**). **Selenium** supports normal thyroid function and helps protect against oxidative stress. **Vitamin K₂** contributes to normal blood clotting and to the maintenance of normal bones.



B-HADA III

BEAUTY FROM THE INSIDE OUT FOR EVERY WOMAN

DURING AND AFTER THE MENOPAUSE

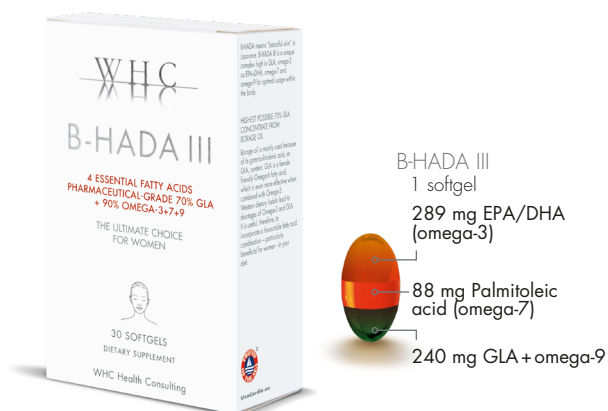
B-HADAIII can help you restore this delicate balance with an ingenious mixture of several extraordinary and even rare omega oils. Eventually your looks will reveal your new equilibrium, as your outer appearance usually reflects your inner health. This is why we named this remarkable oil mixture B-HADA: 'beautiful skin' in Japanese.

WOMAN-FRIENDLY BORAGE

EPA and DHA*, the omega-3 fatty acids from fish oil, are famous for their ability to support good functioning of the heart. We also added valuable sea **buckthorn oil (rich in beta-carotene** and the rare **omega-7**), olive oil (contains **omega-9**) and highly concentrated, pure **gamma linolenic acid (GLA)** from borage oil. You may be familiar with borage or starflower, as it is sometimes used in salads and other summer dishes. But that the same borage contains the only woman-friendly omega-6 fatty acid GLA (gamma linolenic acid) is less well-known. We extract this

GLA and **concentrate it to 70%** to avoid the high dose of linoleic acid, an unfavourable omega-6 fatty acid that also naturally occurs in borage. This way B-HADAIII can boost both your health and your radiance tremendously.

(*): minimum dose of 250 mg per day.



QuattrO3™ + PS

FISH OIL FOR CHILDREN 4 POWERFUL NUTRIENTS FOR CHILDREN



COMPLETE COMPLEX

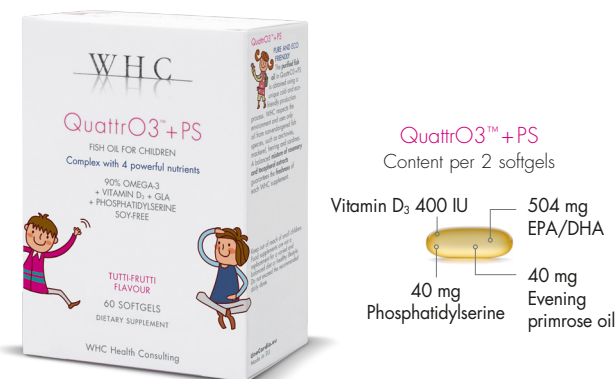
QuattrO3™ + PS contains four powerful nutrients for growing children, with the easily absorbable **omega-3 fatty acids EPA and DHA** from fish oil (in an exceptionally high concentration) and the familiar 'sunshine vitamin' **D₃**. In addition, this complex includes evening primrose oil (with **GLA or gamma linolenic acid**) and **phosphatidylserine** (from sunflowers).

ENERGY AND BALANCE

QuattrO3™ + PS helps to optimise children's health and growth, so they will be able to realise their full potential at school. The sunshine vitamin D₃ is needed for normal growth and development of bone, as well as a successful functioning of the immune system.

PURE AND ECO-FRIENDLY

The purified fish oil in QuattrO3™ + PS is obtained using a unique cold and eco-friendly production process. WHC respects the environment and uses only oil from non-endangered fish species, such as anchovies, mackerel, herring and sardines.



HOW HEALTHY IS YOUR DIET?

How do you know whether you are consuming enough Omega-3? And is your nutrition too high in saturated fats and trans fatty acids? An Omega-3 test will tell you in detail which fats are common in your diet.



Healthy Heart

Better functioning heart, healthier blood vessels.



Brain

Omega-3s are playing an important role in brain health.



Eyes

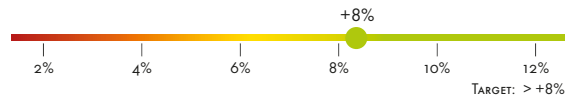
Omega-3 DHA is a major component of the eyes and therefore contributes to eyesight.



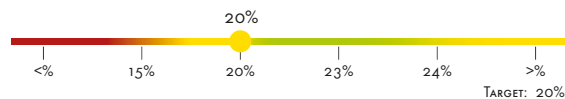
General Health

There are several benefits for the body and soul in having a higher Omega-3 Index that contribute to healthy aging.

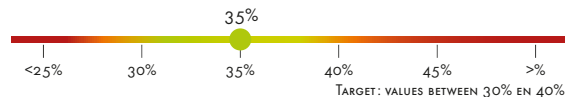
OMEGA-3 INDEX: A TOTAL OF HEALTHY FATS BEING EPA AND DHA



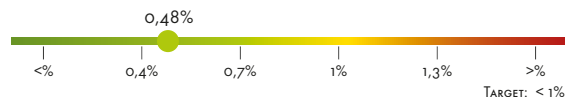
OMEGA 9 MONO-UNSATURATED FATTY ACIDS



SATURATED FATTY ACIDS

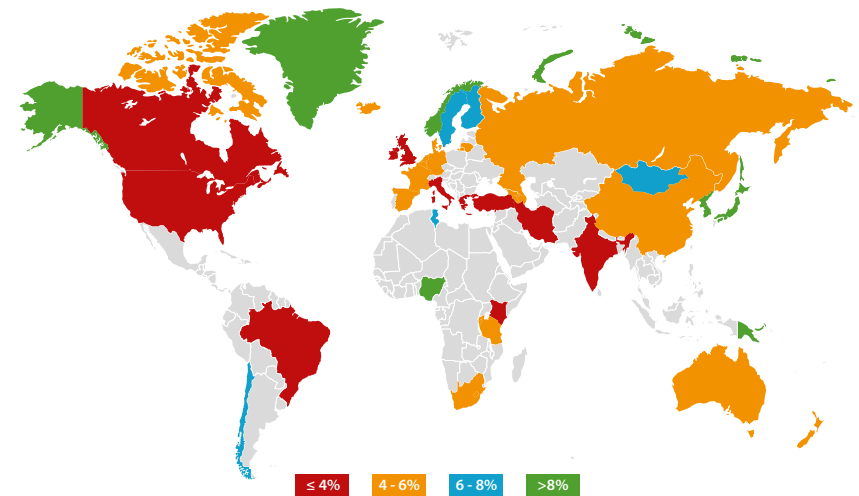


TRANS FATTY ACIDS



Millions of people around the world have tested their Omega-3 Index.

Omega-3 index levels of 8-12% are related to better overall health, but levels around the world remain low.



A tiny drop of blood is enough to measure different types of fatty acids. The Omega-3 index is the most important one: to maintain a healthy heart your blood must contain at least 8% Omega-3.

OMEGA-3 FROM THE CLEANEST WATERS IN THE WORLD



Certified from sustainable fisheries

RADICALLY DIFFERENT OMEGA-3 FISH OIL ONLY FOR THE DISCERNING

This is how WHC makes a difference:

- ✓ Exceptionally Triple Supercritical 90-95% Omega-3 Fish Oils
- ✓ Cold and environmentally-friendly technology
- ✓ Levels of heavy metals, PCBs and pesticides below detection limit
- ✓ Certified from sustainable fisheries, Friend Of the Sea certification
- ✓ Fish oil only from non-endangered fish species
- ✓ No colourants
- ✓ No beef gelatine, suitable for pesco-vegetarians
- ✓ No fishy smell
- ✓ Added orange flavour
- ✓ No Burping
- ✓ Gluten-free, lactose-free
- ✓ A balanced mix of rosemary and tocopherol extracts (vitamin E) guarantees freshness of all WHC supplements
- ✓ Excellent ratings for purity and concentration by the independent American consumer organisations Labdoor and IFOS (International Fish Oil Standards Program)



Womens Health Consulting
Mens Health Consulting

Produced by WHC Labs Belgium
UnoCardio.eu



Certified from sustainable fisheries