



THE HIGHEST POTENCY FISH OIL OMEGA-3 CONCENTRATION + 95% EXCEPTIONAL PURITY

COLD AND ENVIRONMENTALLY-FRIENDLY TECHNOLOGY

- Exceptionally powerful
- Excellent ratings for purity and concentration by the American consumer organisations Labdoor and IFOS (International Fish Oil Standards Program)
- Certified from sustainable fisheries, Friend Of the Sea certification



Certified from sustainable fisheries

nutrogenics.eu

Why are omega-3 fatty acids good for you?

We all deserve optimum health and the highest possible quality in our lives. Our range of seven unique omega-3 supplements can help you with this.

All WHC omega supplements have been carefully selected for your needs and are manufactured in accordance with the most stringent safety requirements (pharmaceutical quality). That is why our omega supplements make it easier for you to maintain a healthy lifestyle. After all, don't you and your family deserve the best?



Jo Wyckmans / Founder

Omega-3 fatty acids are essential nutrients, which our bodies are unable to produce, as we cannot metabolize them from our food. And that is precisely the problem, our omega-3 intake is not sufficient. To complicate things even more, omega-3 fatty acids from fish (EPA and DHA) have other benefits than alpha-linolenic acid (ALA), a vegetable based omega-3 source. The omega-3 fatty acids EPA and DHA are vital to maintain a healthy functioning of the heart, whereas DHA* contributes to an optimal functioning of the brain as well. Eating (oily) fish twice a week or taking a high dose omega-3 fish oil supplement is therefore highly recommended.

* minimum dose of 250 mg per day

UnoCardioX2®

The most powerful omega-3 fish oil

Exceptionally high concentration, unequalled purity



One Serving

1 softgel scientifically proven dose of 1200 mg omega-3 from 1300 mg fish oil. 600 mg EPA and 495 mg DHA per one softgel.

Cold and Environmentally-Friendly technology



Gluten-free / Lactose-free

60 Fish gelatin softgels

SCIENTIFICALLY PROVEN

UnoCardioX2 is a powerful 1300 mg fish oil providing exceptionally high Triglyceride Potency, over 93% omega-3, or 1200 mg pure omega-3, 600 mg EPA and 495 mg DHA per softgel. The highest omega-3 fish oil concentrate and exceptional purity in the most easily absorbed form. In the most famous and large-scale research GISSI study on this subject ever conducted, participants were given daily fish oil with 46% EPA and 38% 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.

PURER THAN OILY FISH

UnoCardio is not just a remarkably powerful and high dose supplement, it also excels in purity. It contains no - or barely detectable traces of - of PCBs, dioxins, heavy metals or pesticides. Unfortunately, regular fish consumption cannot guarantee the same absence of contaminants. Moreover, our purified fish oil concentrates do not

contain cholesterol nor saturated fats, which, together with healthy fatty acids, are also naturally present in oily fish.

RECOMMENDED FOR PREGNANT WOMEN

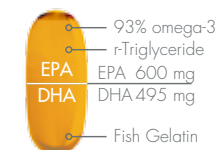
The EPA and DHA in UnoCardio will support a good, normal functioning of the heart. This supplement is also highly recommended for pregnant women. Whereas all adults benefit from 250 mg EPA and DHA per day, an extra portion of 200 mg DHA will favour the optimum development of the eyes and brain of your unborn baby. After birth, this fish oil supplement will provide your baby with extra DHA when you are breastfeeding.



Healthy Heart, Normal Brain Function, Normal Vision

- exceptionally high concentration, over 93% pure omega-3 oil
- 1300 mg omega-3 fish oil with 600 mg EPA and 495 mg DHA
- certified for maximum purity
- certified from sustainable fisheries, exclusively 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

Optimum absorption rate thanks to 93% omega-3 r-triglyceride form



UnoCardio®
size 1300 mg

UnoCardio® 1000

+ Vitamin D₃

Powerful 95% omega-3 fish oil with extra benefit
For more sunshine in your life



One Serving

High dose 95% omega-3,
+ 1000 IU Vitamin D per softgel
1200 mg omega-3
675 mg EPA
460 mg DHA
rTriglyceride form

Cold and Environmentally-Friendly
technology



Gluten-free / Lactose-free

60 Fish gelatin softgels

FREE SUNSHINE VITAMIN

UnoCardio 1000 contains an impressive 1200 mg of pure omega-3 fish oil (particularly EPA and DHA) in an exceptionally high concentration of minimum 95% omega-3. 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.

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. At Labdoor UnoCardio 1000 tops the list of 53 fish oil supplements in terms of quality. IFOS (International Fish Oil Standards Program) awarded UnoCardio 1000 five stars after laboratory analyses confirmed its purity, high concentration and absence of contaminants such as heavy metals, PCBs or dioxin.

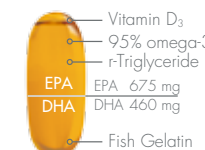


Healthy Heart, Immune Defence, Joint Health, Mood Management, Normal Vision

- exceptionally high potency, over 95% omega-3 fish oil
- 1280 mg omega-3 fish oil providing 675 mg EPA and 460 mg DHA
- 1000 IU vitamin D₃
- cold and environmentally-friendly technology
- certified for highest potency available
- optimum absorption rate thanks to 95% omega-3 r-triglyceride form
- certified from sustainable fisheries, exclusively from non-endangered fish species
- certified for maximum purity by 3rd party
- no colourants
- no fillers or binders
- no beef gelatine, suitable for pesco-vegetarians
- no fishy smell
- burp-free
- added natural orange flavour
- gluten-free - lactose-free

* minimum dose of 250 mg per day

Optimum absorption rate thanks to
95% omega-3 r-triglyceride form



UnoCardio® 1000
size 1280 mg

UnoCardio® Active Mind

Brain & Eye Food

Keeps your mind sharp



One Serving

540 mg omega-3

Complex of B Vitamins, Folic acid, Biotin, Selenium, Vitamin D₃, Ginseng, Lutein, Zeaxanthin

Cold production process through eco-friendly technology.



Gluten-Free / Lactose-Free

30 softgels

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 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).

FOOD FOR THOUGHT

This unique formula makes UnoCardio Active Mind an extraordinary complex. EPA and DHA contribute to a normal heart function, and optimise 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. Vitamin B₃, B₆, B₁₂, biotin and folic acid help you maintain your learning ability and memory.

FOR BRIGHT BRAINS

UnoCardio ActiveMind 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.



Students, employees and seniors

- exceptionally high concentration, over 90% pure omega-3 fish oil
- 545 mg omega-3 fish oil with 300 mg EPA and 204 mg DHA
- complex with B-vitamins and antioxidants
- certified for maximum purity
- certified from sustainable fisheries, exclusively from non-endangered fish species
- no beef gelatine, suitable for pesco-vegetarians
- no fishy smell
- no burping
- gluten-free - lactose-free

QuattroCardio®

Miracle mix

Key supplement after age 35



One Serving

1200 mg omega-3*,
600 mg EPA / 495 mg DHA
100 mg Coenzyme Q10 Ubiquinol
90 mcg vitamin K₂ MenaQ7
1000 IU vitamin D₃
rTriglyceride form

Cold and Environmentally-
Friendly technology.



Gluten-free / Lactose-free

Package with 1 month's supply

(*) Scientifically proven doses

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 93% per capsule: contributes to the normal functioning of the heart*, brain* and eyes*
- 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-ageing creams

SCIENTIFICALLY PROVEN OMEGA-3 FORMULA

This complex provides you with no less than 600 mg EPA and 495 mg DHA per softgel.

This is the ideal amount to raise your omega-3 levels (also called omega-3 index) above the recommended 8%.

BOOST FOR WOMEN AND MEN OVER 35

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

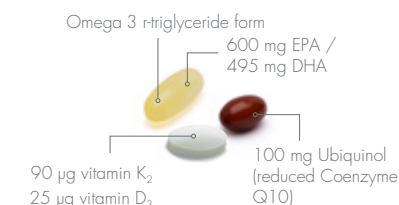


Healthy Heart, Immune Defence, Joint Health, Mood Management, Normal Vision

- a convenient single blister pack with 2 types of softgels and 1 tablet
- softgel with 93% concentrated omega-3 fish oil (EPA and DHA)
- softgel with ubiquinol coenzyme Q10
- tablet with vitamin K₂ and vitamin D₃
- certified for maximum purity
- certified from sustainable fisheries, exclusively 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

* minimum dose of 250 mg per day

QuattroCardio® 4 UNIQUE NUTRIENTS



QuattrO3 + PS

Fish oil for children

Complex with 4 powerful nutrients



One Serving

545 mg omega-3
(300 mg EPA and 204 mg DHA),
Phosphatidylserine 100% 40 mg
Evening primrose oil (10% GLA) 40 mg
Vitamin D₃ 400 IU

Cold and Environmentally-Friendly
technology.



Gluten-free / Lactose-free

Toddlers from 3 years old and
teenagers up to 14 years old.
Tutti-Frutti flavour

60 softgels

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 to promote normal growth and bone development, 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.

A balanced mixture of rosemary and tocopherol extracts guarantees the freshness of each WHC supplement.



- exceptionally high concentration of omega-3 fish oil, over 90%
- vitamin D₃
- evening primrose oil
- phosphatidylserine – soy free, no allergy risk
- certified for maximum purity
- certified from sustainable fisheries, exclusively from non-endangered fish species
- no beef gelatine, suitable for pesco-vegetarians
- no fish smell or taste
- tutti-frutti flavour
- to be taken before or during meals to eliminate the risk of burping
- gluten-free - lactose-free

Optimum absorption rate thanks to
90% omega-3 triglyceride form



QuattrO3 + PS

Content per 2 softgels
504 mg EPA/DHA
40 mg Phosphatidylserine
40 mg Evening primrose oil
Vitamin D₃ 400 IU

B-HADA III

Beautiful from the inside out

Ingenious omega mix for women



One Serving

High dose of GLA+omega-3-7-9

Contents per 2 softgels
480 mg GLA, 630 mg omega-3
(344 mg EPA and 234 mg DHA),
214 mg omega-7 and 140 mg omega-9

Cold and Environmentally-Friendly
technology.



Gluten-free / Lactose-free

30 softgels

HEALTHY OILS

Oil and fat have a mixed reputation: they are vitally important, but some types are healthier than others. Our Western diet often leads to a high intake of certain fats (saturated fat from animal sources, linoleic acid from many vegetable-based oils and margarine), which may have adverse effects on our health. At the same time we risk a substantial shortage of fatty acids, such as omega-3 (EPA and DHA) from fish oil.

DELICATE OIL MIXTURE

B-HADA 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-HADA can boost both your health and your radiance tremendously.



Every woman should be able to radiate inner beauty on the outside

- exceptionally high concentration of omega-3 fish oil, over 90%
- 70% GLA (gamma linolenic acid) with very little linoleic acid
- omega-7 from sea buckthorn oil
- omega-9 from olive oil
- certified for maximum purity
- cold production process and environmentally friendly technology
- no colourants
- no fishy smell
- gluten-free - lactose-free



B-HADA III

- 289 mg EPA/DHA (omega-3)
- 88 mg Palmitoleic acid (omega-7)
- 240 mg GLA + omega-9

O'HISA

Skin, hair & immunity

Plant-based nutraceutical



NUTRITIONAL VALUE PER 1 SOFTGEL

Total omega-7	180 mg
Virgin olive oil with olive extract	237 mg
- hydroxytyrosol	5 mg
Total omega-9	256 mg
100% pure hyaluronic acid	100 mg
Zinc (zinc citrate)	22.5 mg
Vitamin B ₅	18 mg
Superoxide dismutase (SOD)	10 mg
Vitamin B ₆	6 mg
Vitamin B ₂	4.8 mg
Astaxanthin (Haematococcus pluvialis)	2 mg
Copper	1.65 mg
D-biotin	450 µg
Folic acid	400 µg
Vitamin B ₁₂	3 µg

BRILLIANT SUPPORT

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. The Japanese girl's name O'HISA refers to an old etching portraying a woman with beautiful hair.

SKIN FOOD FROM PLANTS

O'HISA also stands 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.

The vitamin B₂ and beta-carotene (provitamin A) from sea buckthorn oil 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). Beta-carotene (provitamin A) plays a crucial role in the condition of the mucous membranes and zinc helps to keep your nails in top condition. A dose of hydroxytyrosol (5 mg), a polyphenol from olive oil, protects the blood fats from oxidative stress.*



After 6 weeks, fine wrinkles are reduced and the skin's texture becomes smoother.

- hyaluronic acid derived from plants
- rich in omega-7 from sea buckthorn oil
- olive oil extract
- extract from cantaloupe, a special melon type with extraordinary properties
- powerful antioxidants
- pure quality, no chemical solvents
- no beef gelatine, suitable for pesco-vegetarians
- gluten-free - lactose-free



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

SUSTAINABLE FISHING



Fish oil supplements do not cause overfishing

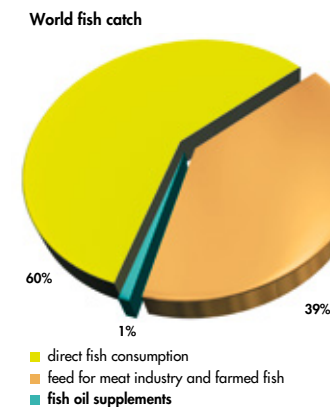
Anyone who cares about nature knows that urgent action is needed to save our oceans and put an end to overfishing. But what is the role of fish oil supplements? Do fish oil supplements contribute to overfishing? Figures from various sources suggest that there is no reason to ban fish oil supplements from our diets. Less than 1 % of the catch is used for fish oil, whereas much more fish is processed in cattle feed, farmed fish and pet food.

FISH FOR MEAT INDUSTRY AND FARMED FISH

Roughly 1 million tonnes of deep sea fish are caught annually for the production of fish oil. That is barely 1 % of the total catch. Estimates from 2010 also show that 88 % of this amount is used as feed for farmed fish. So eventually only 12 % of the original 1 % is destined for fish oil in food supplements, that is merely 0.12 % of the total catch. This is negligible, if you know that scientific reports indicate the following:

- 16.2 million tonnes of fish are processed as fish meal in pig, poultry and cattle feed
- 5.4 million tonnes of fish end up in pet food for cats, dogs and furbearing animals
- 18 million tonnes of fish are sacrificed as feed for farmed fish

It should be clear that overfishing can significantly be reduced, if we would eat less industrially produced meat and buy less pet food.



NO ENDANGERED FISH SPECIES

WHC-Nutrogenics insists on producing all fish oil supplements in an ethical and sustainable manner by ensuring that only non-threatened small deep sea fish are caught. Certified from sustainable fisheries, Friend Of the Sea certification.

Sources: De Silva SS, Turchini GM. Towards understanding the impacts of the pet food industry on world fish and seafood supplies. J Agric Environ Ethics 2008; 21(5):459-467. Alder J, Campbell B, Karpouzi V, Kaschner K, Pauly D. Forage fish: from ecosystems to markets. Annu Rev Environ Resour 2008; 33:153-66. Campbell B, Alder J. Fishmeal and fish oil: production trade and consumption. 2006; p47-66 In: Alder J, Pauly D (eds.). On the multiple uses of forage fish: from ecosystems to markets. Fisheries Centre Research Reports 14(3). Fisheries Centre, University of British Columbia [ISSN 1198-6727].

RADICALLY DIFFERENT OMEGA-3 FISH OIL ONLY FOR THE DISCERNING

This is how WHC makes a difference:

- ✓ Up to 90-95% pure omega-3 per softgel
- ✓ Optimum absorption by the body thanks to the triglyceride form
- ✓ Cold production process and environmentally friendly technology
- ✓ Levels of heavy metals, PCBs and pesticides below detection limit
- ✓ Fish oil only from non-endangered fish species
- ✓ Certified from sustainable fisheries, Friend Of the Sea certification
- ✓ Excellent ratings for purity and concentration by the independent American consumer organisations Labdoor and IFOS (International Fish Oil Standards Program)
- ✓ Gluten-free, lactose-free
- ✓ No beef gelatine
- ✓ A balanced mix of rosemary and tocopherol extracts (vitamin E) guarantees freshness of all WHC supplements



Womens Health Consulting
Mens Health Consulting

Produced by Nutrogenics Ltd. Belgium



Certified from sustainable fisheries
Excellent ratings by American consumer organisations