



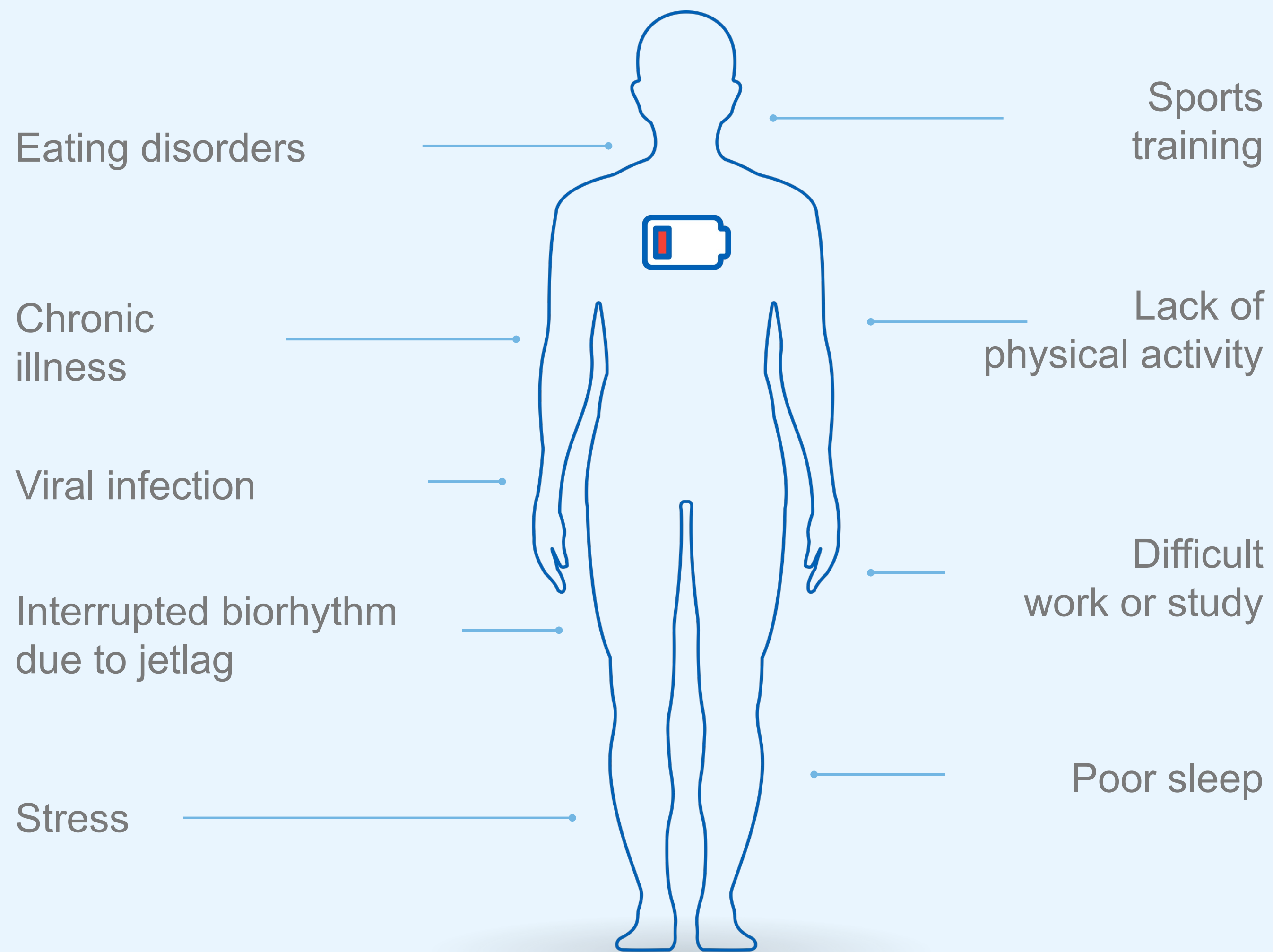
Oceanmin

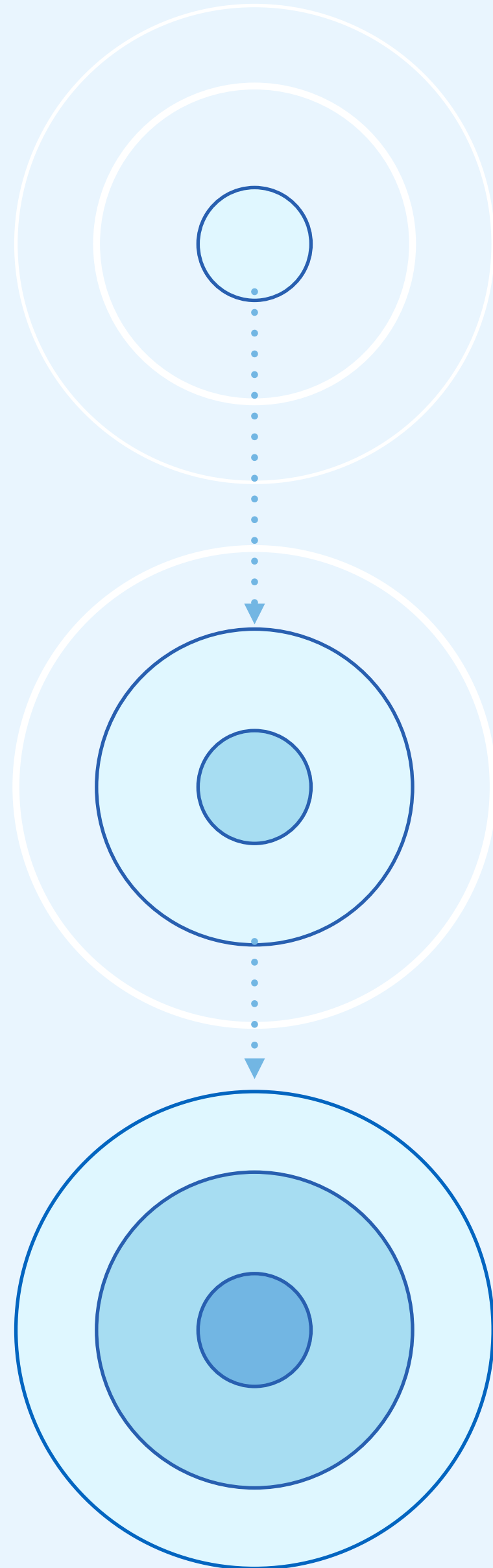
Deep Ocean Minerals

Fatigue – a consequence of the modern rhythm of life

- *Avedisova A.S. Antiasthenic drugs as therapy of first choice for asthenic disorders // RMZh. 2004. No. 22, p. 1290.*
- ** Avedisova A.S. Therapy of asthenic conditions // pharmaceutical bulletin. 2003. No. 3 (282). Pp. 15-16.*
- ** Vorobieva O.V. The versatility of the phenomenon of asthenia // rmzh. 2012. No. 5. P. 248–252.*
- ** Lebedev M.A., Palatov S.Yu., Kovrov G.V. Neuroses (clinic, dynamics, therapy) // rmzh. Medical Review. 2013. No. 3. P. 165–168.*

Causes of fatigue:





Fatigue — a symptom, not a separate condition.

Decreased energy, performance, and motivation.

Low energy — a consequence of fatigue.

Impaired concentration, anxiety, weakness, sleep problems, irritability, and increased sensitivity to light.

Overwork — a health hazard due to prolonged fatigue.

Sleep disorders, apathy, disturbed heart rhythm and breathing, increased sweating, headache, dizziness, lethargy, muscle pain, and decreased immunity.

In the modern world, chronic fatigue and burnout are **recognized diagnoses**

90% cases of chronic fatigue remain undiagnosed

51% adults suffer from stress associated with fatigue

70% people feel tired at work every day

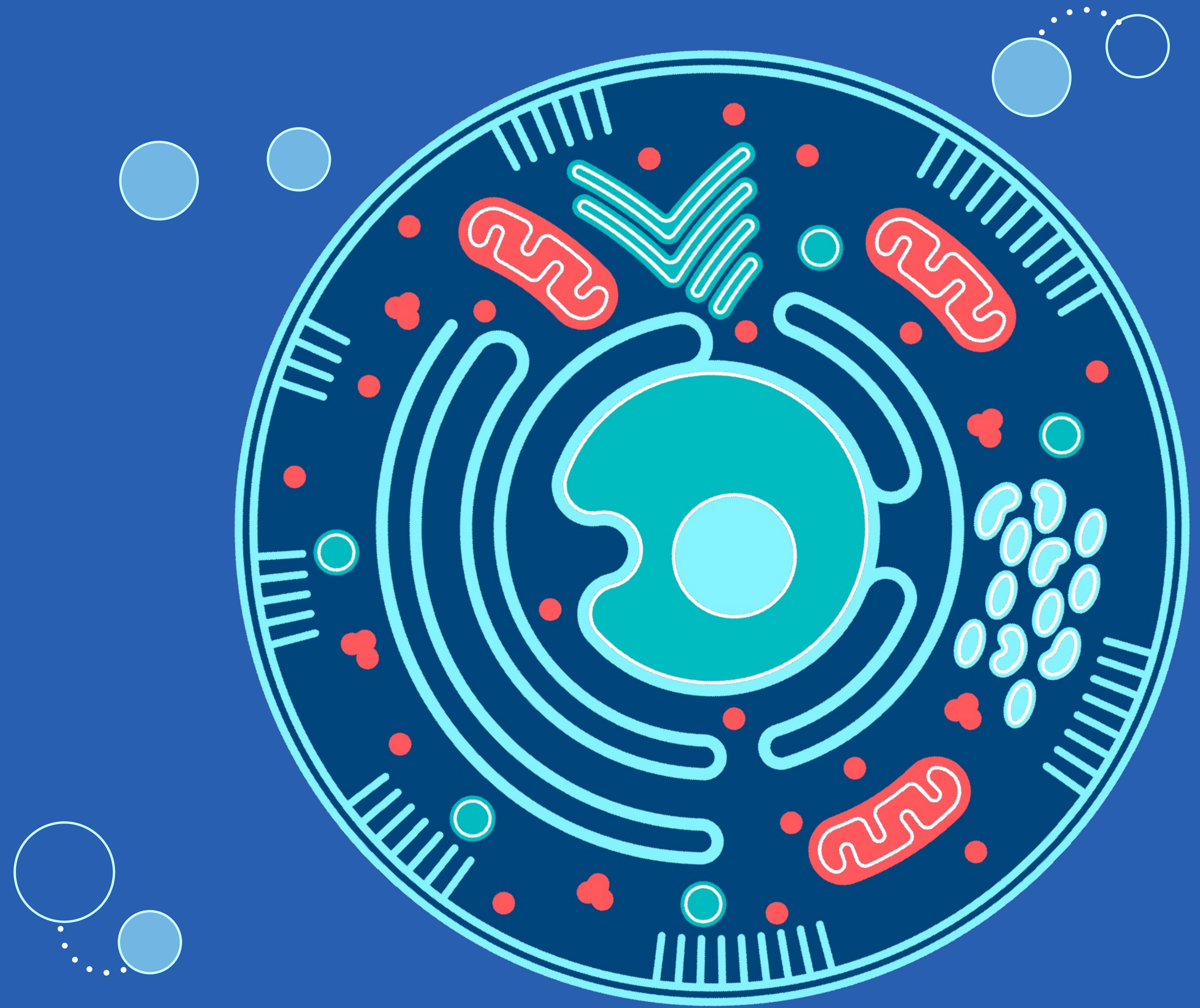
20% fatal traffic accidents are associated with driver fatigue

- Burnout at work is included in the International Classification of Diseases (ICD-11) catalog under the name "burnout" and code QD85. The decision was made at the World Health Assembly, which ended the day before in Geneva. The new catalog will take effect on January 1, 2022. Fatigue in the general Norwegian population: normative evidence and associations. Jon Håvard Loge, Øivind Ekeberg, Stein Egeus. Fatigue in the general Norwegian population: normative data and associations. Journal of psychosomatic research. Volume 45, issue 1, 1998, pages 53-65.
- * According to a 2018 report by the National Safety Council (NSC www.nsc.org), two-thirds of the U.S. workforce experiences workplace fatigue. This means that nearly 107 million of the 160 million American workers suffer from occupational fatigue. Fatigue, which can be acute or chronic, is defined by the NSC as "a feeling of tiredness, sleepiness, decreased energy, and increased effort required to perform tasks at a desired level." Complaints similar to fatigue and chronic fatigue syndrome in the general population. Marjolein van't Leven, Gerhard A. Zielhuis, Jos W. Van der Meer, André L. Verbeek, Gijs Bleijenberg, Fatigue and chronic fatigue syndrome-like complaints in the general population, European Journal of Public Health, Volume 20, Issue 3, June 2010, pages 251-257,
- * According to a 2015 report by the Institute of Medicine (IOM), up to 2.5 million people in the United States suffer from chronic fatigue syndrome (CFS), with 90% of these cases going undiagnosed. Compared to acute fatigue, which can be alleviated with adequate rest and relaxation, CFS is a disabling and long-term illness that does not resolve with rest. It is a disease that is often misunderstood and misdiagnosed due to a lack of awareness on the part of both the patient and the physician. (<https://www.cdc.gov/me-cfs/about/index.html>) Junghaenel DU, Christodoulou C, Lai JS, Stone AA. Demographic correlates of fatigue in the US general population: results from the patient-reported outcomes measurement information system (PROMIS) initiative. J Psychosom Res. 2011; 71 (3): 117-123. Doi: 10.1016 / j.Jpsychores.2011.04.007
- * The prevalence of fatigue in 2 weeks of research was 37.9% (Ricci JA, Chee E, Lorandean AL, Berger J. Fatigue in the US Workforce: prevalence and implications for lost productive work time. J Occup Environ Med. 2007 Jan; 49 (1): 1-10. Doi: 10.1097 / 01.Jom.0000249782.60321.2a. PMID: 17215708.)

Fatigue begins in the cells

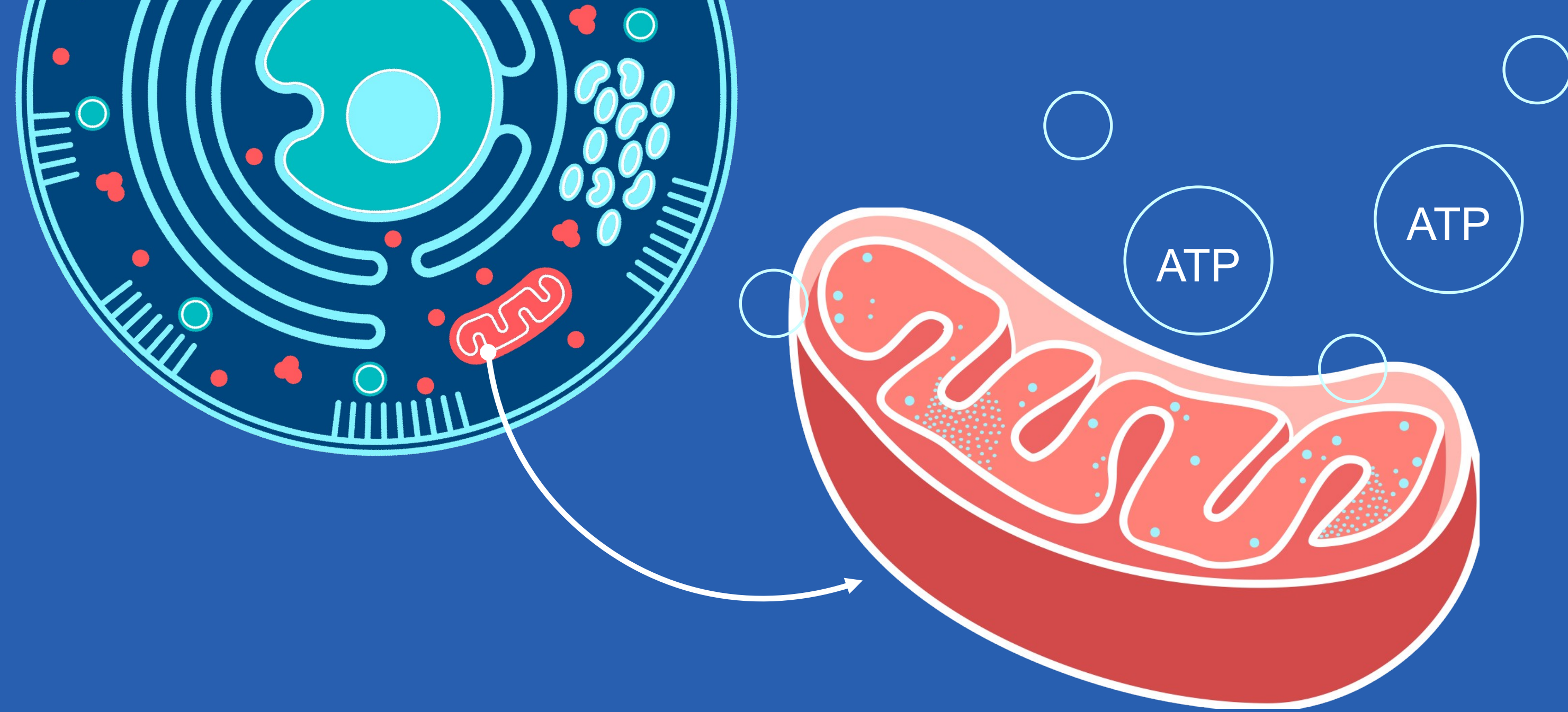
Fatigue is a lack of energy which comes as a result of:

- depletion of energy resources in tissues (ATP molecules);
- accumulation of products of cellular metabolism.

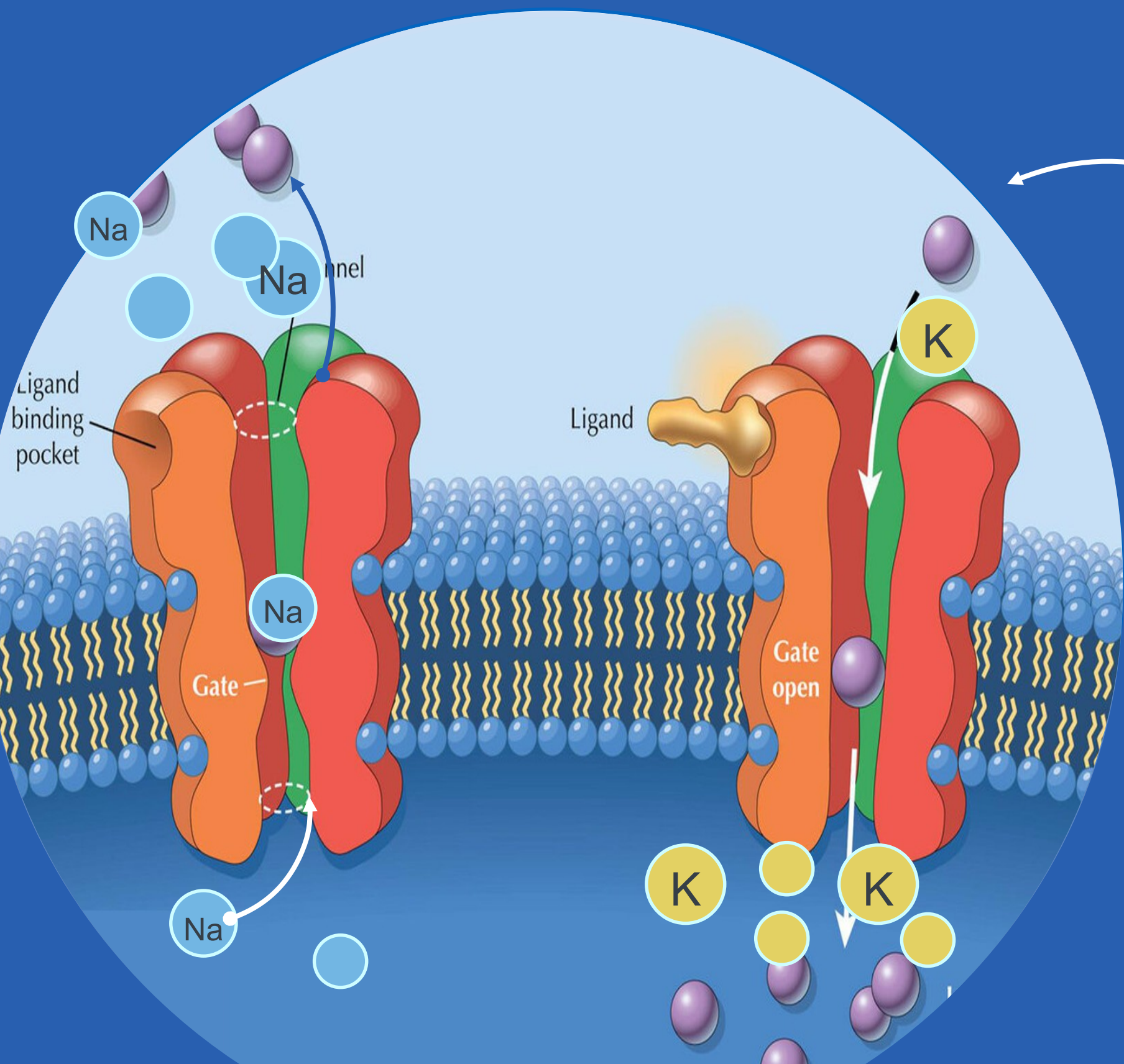


Cell

ATP molecules are produced by **mitochondria** — microscopic "power stations" located inside each cell.



mitochondria

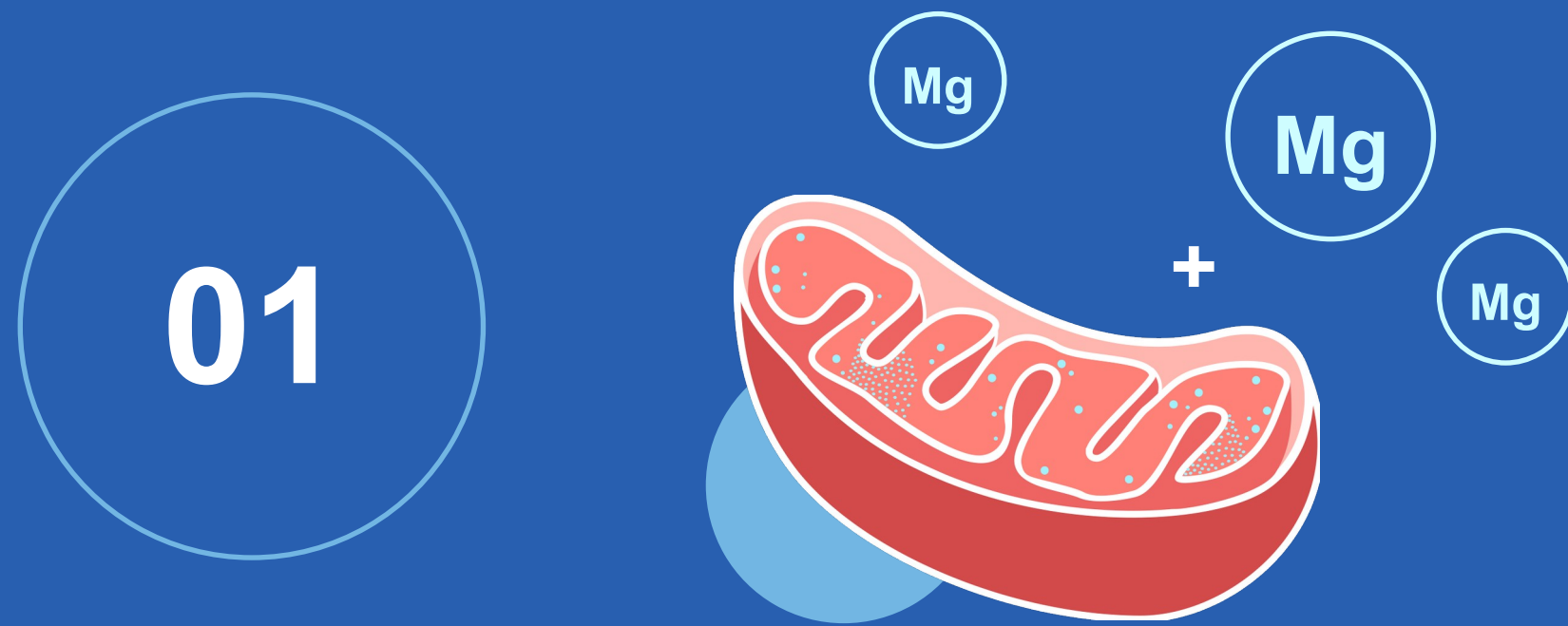


Potassium-sodium pump

ensures the supply of food inside the cell and the removal of waste products from the cell. Its normal operation avoids the accumulation of cellular metabolic products in the cell.



An indispensable participant in both processes is **MAGNESIUM (Mg)**



Magnesium

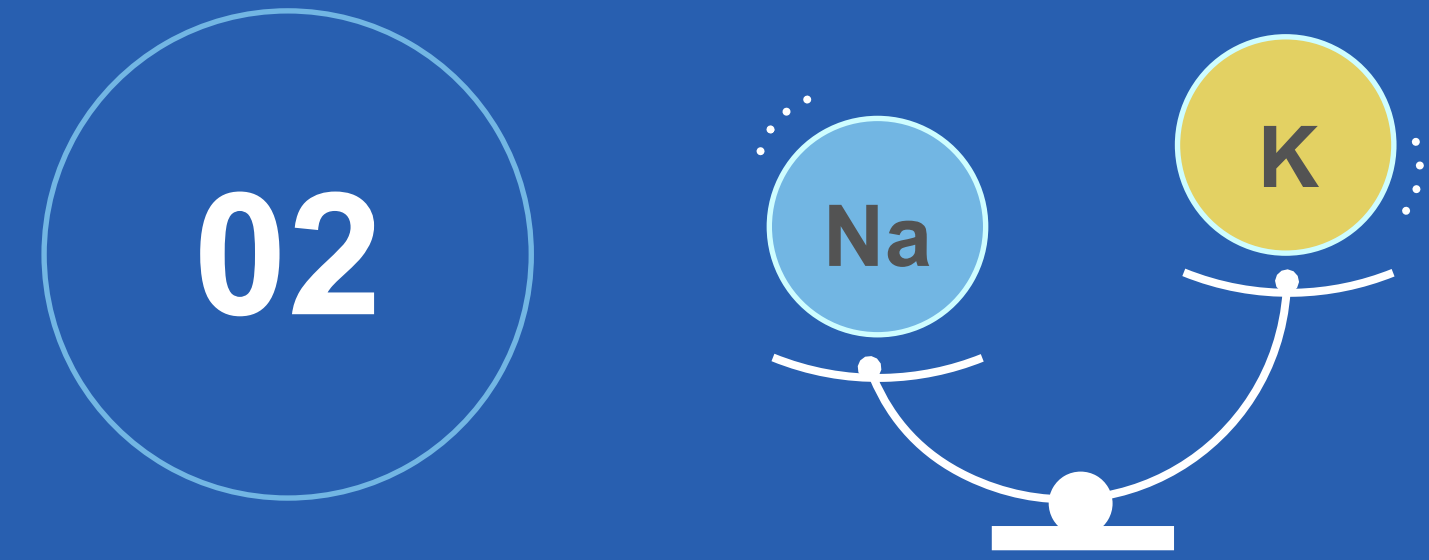
is necessary for the production of energy by mitochondria: it stabilizes the ATP molecule, takes part in its breakdown and ensures the release of energy.

Magnesium is essential for maintaining mitochondrial homeostasis (self-regulation).

Without magnesium **the work of mitochondria isn't possible**



Therefore, a lack of magnesium in the body destabilizes the work of almost all systems and organs.



Magnesium

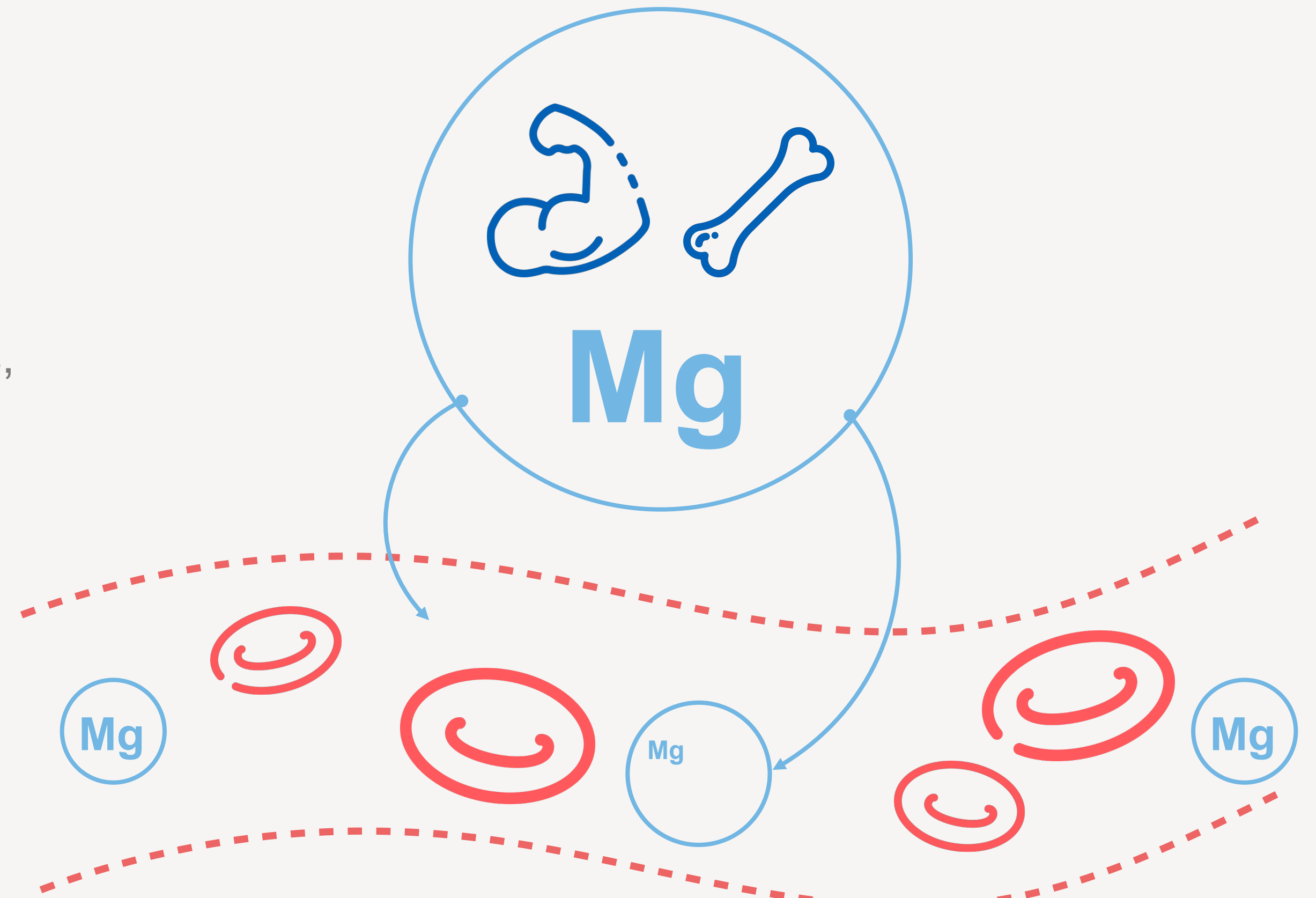
ensures the work of the potassium-sodium pump, activating an enzyme that controls the balance of sodium and potassium, keeping sodium outside the cell and potassium inside the cell.

Magnesium deficiency is difficult to diagnose

The main stores of magnesium are found in bones and muscles. The blood transports magnesium between tissue.

When the concentration of magnesium in the blood decreases, the body will take it from the reserves until they are empty.

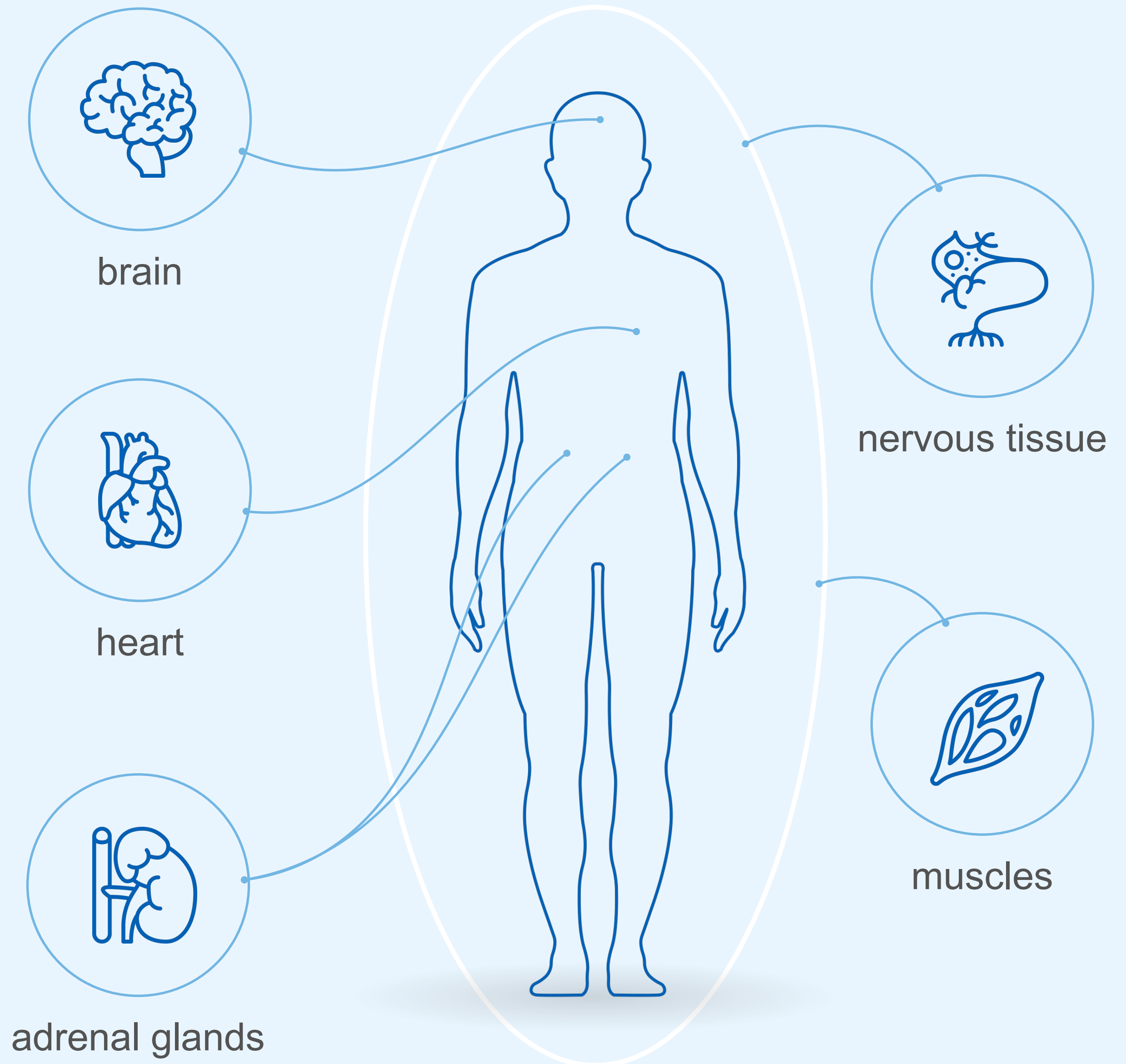
 Therefore, muscle cramps, lethargy, fatigue will appear before a blood test shows a magnesium deficiency.



Which organs “get tired” most quickly?

Organs with high
energy costs:

⚠ Insufficient intake of magnesium
is primarily **reflected in the work
of these organs.**



Magnesium – the main enemy of fatigue



regulates the excitability and conductivity of nervous tissue



generates energy and maintains it at a stable level *



increases muscle strength **



relaxes muscles, helps relieve spasms after exercise and stress ***



fighting symptoms of insomnia ****



improves memory



normalizes eating behavior

Magnesium loss exceeds replacement



Magnesium requirements
for an adult:

~ 300- 420 mg/day
depending on gender and
country of residence

~60%

adults in the **USA** do not consume the required amount of magnesium *

~70%

adults in **FRANCE** aged 18-54 years do not consume the recommended daily intake of magnesium ***

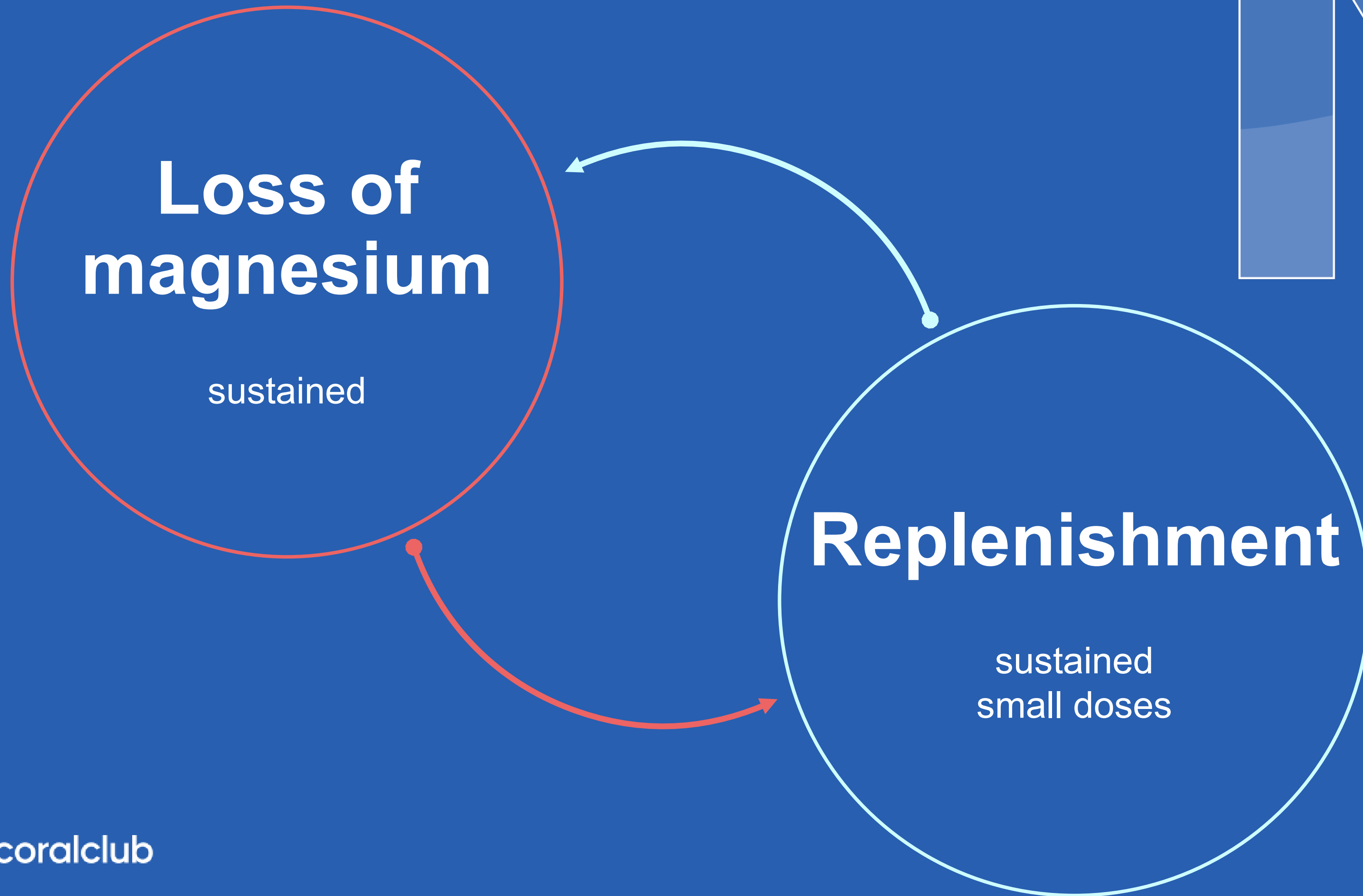
30%

adults in **RUSSIA** receive less than 70% of the recommended daily intake of magnesium **

79%

of the population of **SPAIN** consumes less than 80% of the recommended daily intake of magnesium ****

**Sustained losses
must be compensated**



MMd

coralclub

Oceanmin

Oceanmin

100% concentrate of natural deep sea minerals in ionic form.

Helps to optimize vital processes in the body, and promotes energy production in cells.



Oceanmin —

An easy and convenient way to replenish lost magnesium and provide the body with essential, readily available minerals.

70

Contains MAGNESIUM and about 70 other minerals from deep sea water.

Mg

K

Ca

B

Mn

Fe

Zn

Br

Oceanmin — the power of the ocean in your glass

Water for Oceanmin production is
extracted from a depth of 662 m and has
special properties:



clean



transparency



high mineral
density

662 M

An underwater scene inside a cave. Light streams in from an opening at the top, illuminating the rocky walls and ceiling. Numerous small fish are swimming in the water. The overall color palette is a deep, vibrant blue.

The source of Oceanmin –
Deep Ocean Water

662 M

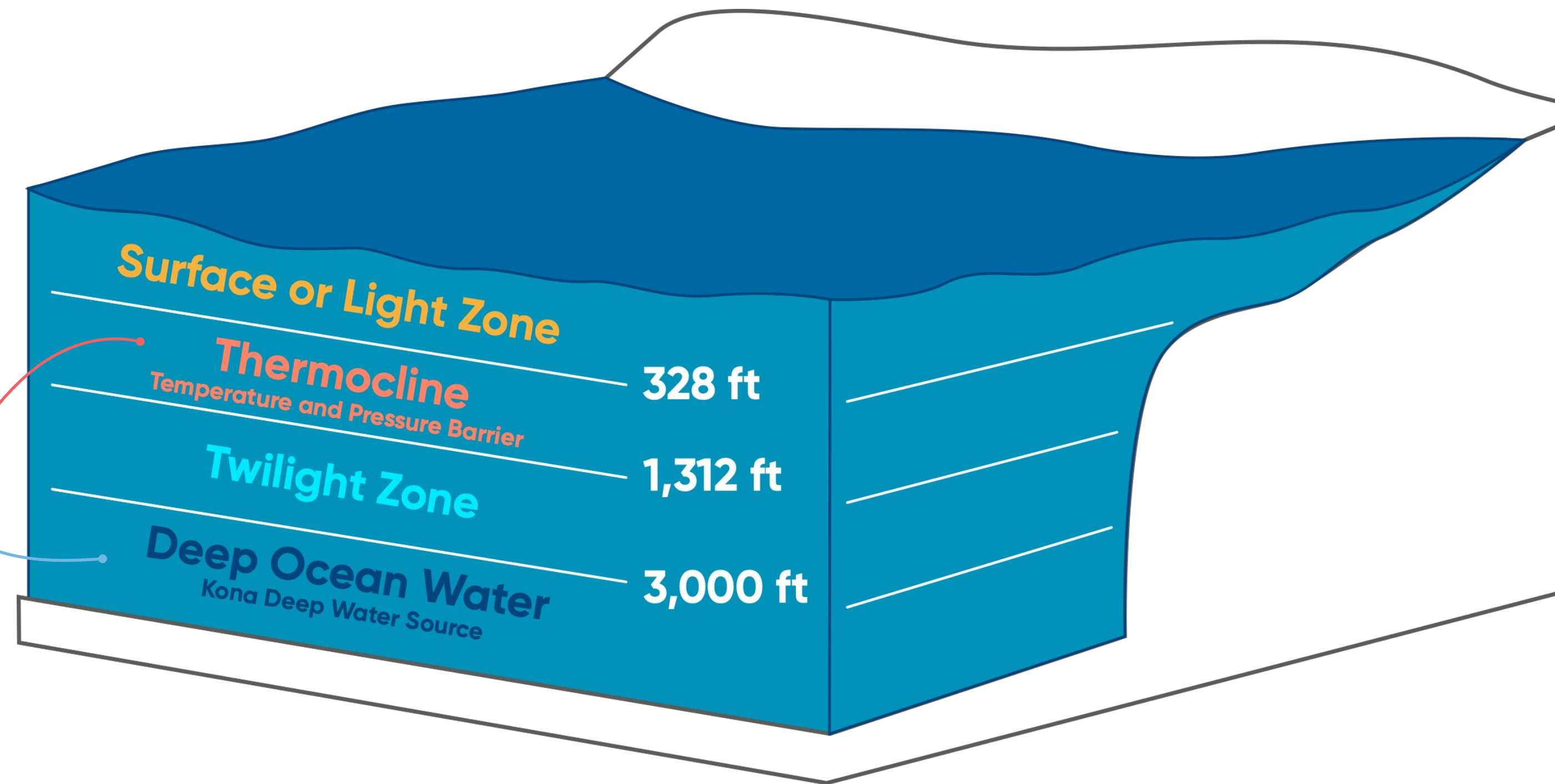
What's so unique about Deep Ocean Water?

01

LOCATION

Deep Ocean Water (DOW) starts below 250 meters

Deep sea water is separated from surface water by a thermocline layer that prevents them from mixing



02

CONDITIONS

Deep sea water has special conditions: sunlight does not reach it, it has a minimum oxygen content, it contains rare minerals

03

DIFFICULTY OF PRODUCTION

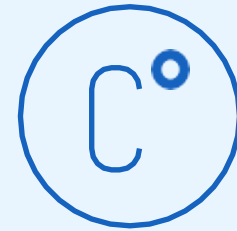
Usually, deep ocean depths start very far from the coastline, and in such places, the extraction of deep water is impossible.

Properties of Deep Ocean Water



The composition is rich in macro- and microelements

Due to minerals from hydrothermal vents and little movement of DOW layers to the ocean surface



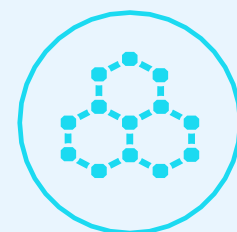
Low temperature and high stability

Does not depend on climate changes, remains stable in the temperature range of 6-9 ° C



Very clean and pure

Human waste and pollution does not reach the depth of the DOW



High level of bioavailability

The origin of all elements is natural, they are in an ionic form, easily-accessible for the body

DOW – one of the cleanest and most mineralized on the planet

Through cracks in the earth's crust, ocean waters penetrate into the bowels, are saturated there with mineral substances and again return to the ocean through **hydrothermal springs**. These springs are outpourings of hot water, saturated with compounds of many chemical elements.

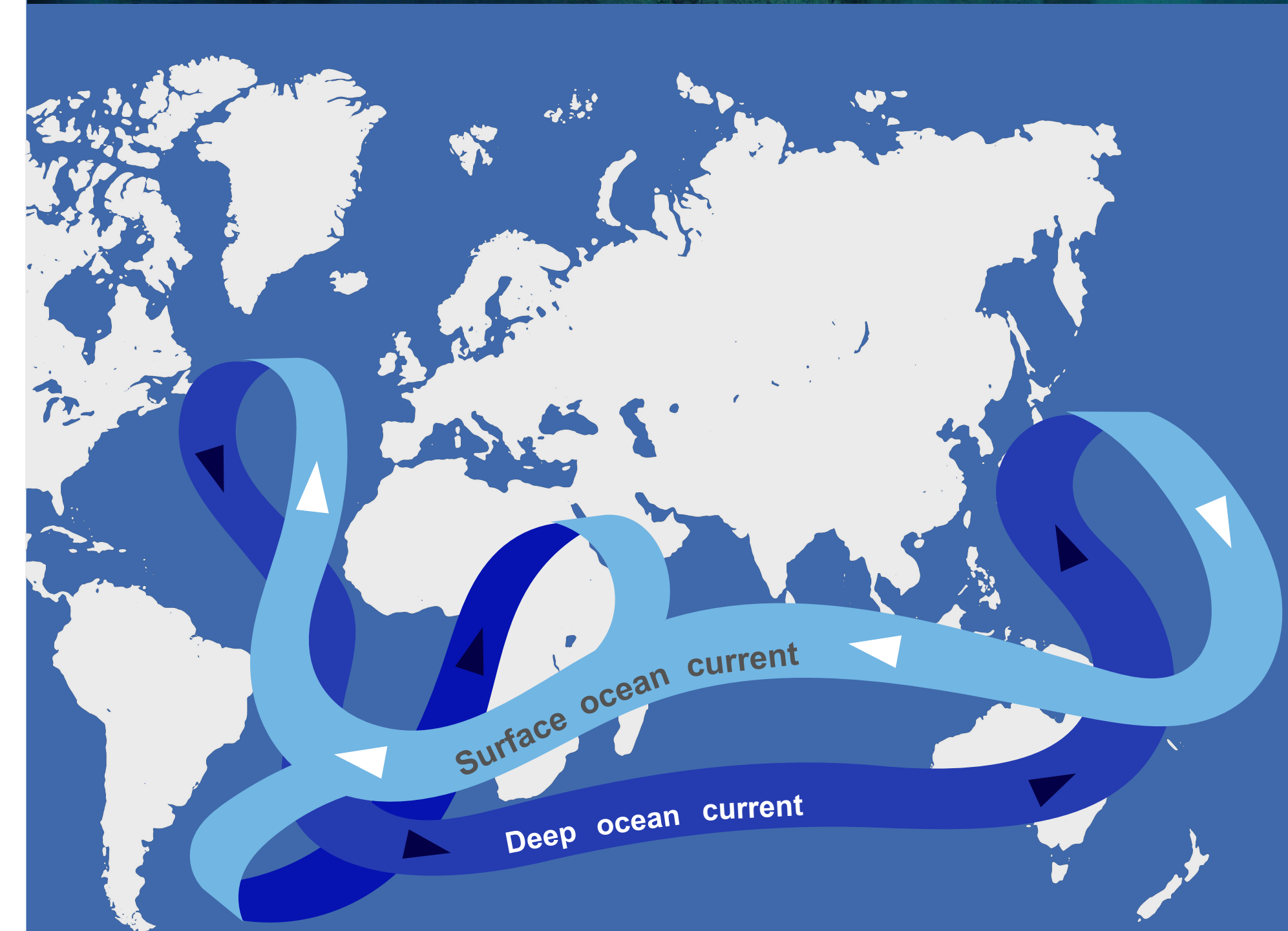
The ocean cools these streams, and they fall into the **global conveyor belt**, where due to the low temperature and minimal movement of water layers vertically, this mineral-rich water circulates steadily across the planet at great depths.

**Charles Darwin and the Origin of Life. Juli Peretó, Jeffrey L. Bada, and Antonio Lazcano, Orig Life Evol Biosph. 2009 Oct; 39(5): 395–406*

**Promotion of protocell self-assembly from mixed amphiphiles at the origin of life Sean F. Jordan and Rammu, Ivan N. Zheludev1, Andrew M. Hartley, Amandine Maréchal and Nick Lane/ Nature Ecology & Evolution*



Гидротермальные источники

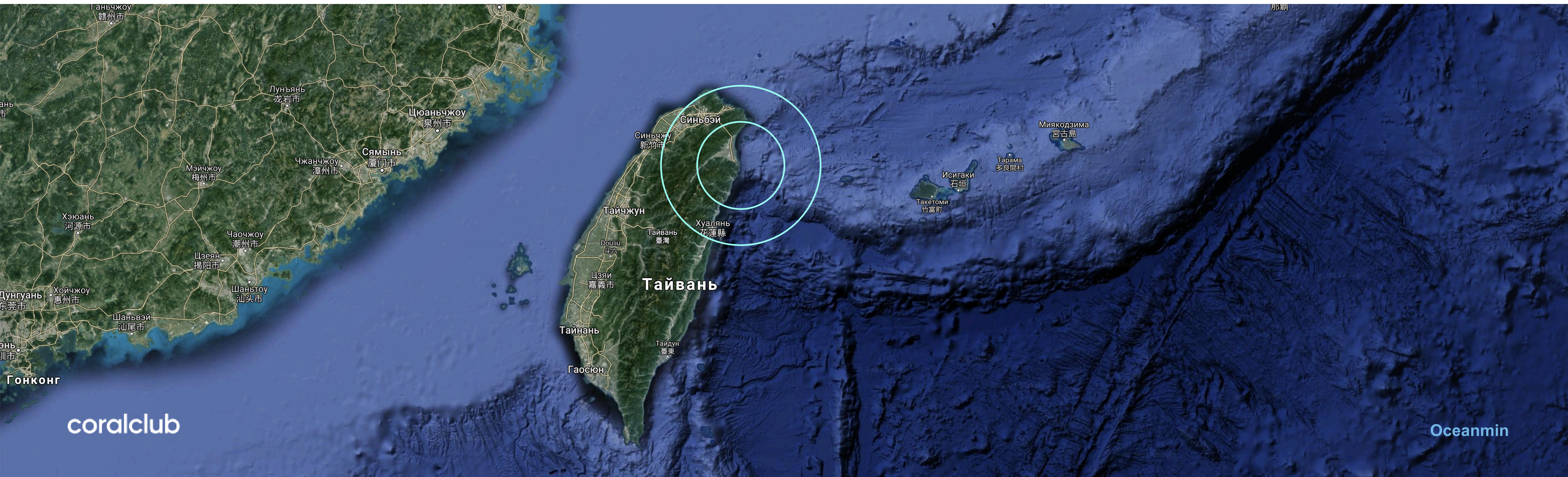


Глобальная конвейерная лента

Production of DOW

Only 4 locations in the world have access to deep sea water —
Taiwan, Japan, Korea and Hawaii

Taiwan has the most convenient geographic location for DOW mining. The manufacturing plant is located off the east coast of Taiwan, where the depth of the Pacific Ocean reaches more than 1000 meters at a distance of less than 5 km from the coast.



Production technology

The production technology uses a multi-stage membrane filter system, highly efficient vacuum evaporation, and freeze drying processes to concentrate deep-sea minerals (in particular, magnesium) and to reduce the sodium content as much as possible (desalination).



**And so appears
Oceanmin –**

**the concentrated power of
the ocean in a glass of
ordinary drinking water**



Mineral composition of Deep Ocean Water

Magnesium (Mg) – supports the health of the nervous, cardiovascular, skeletal, and digestive systems

Calcium (Ca) – supports the health of bones and teeth

Potassium (K) – supports heart health

Chromium (Cr) – helps maintain normal glucose levels in the blood

Copper (Cu) – participates in hematopoiesis and supports immunity

Iron (Fe) – transports oxygen to tissues and muscles

Iodine (I) – supports thyroid function



Manganese (Mn) – supports healthy muscles and tendons

Phosphorous (P) – important for energy metabolism, health of the central nervous system, bones and teeth, and brain function

Selenium (Se) – helps eliminate toxins

Sulphates (SO₄) – improves bile secretion

Zinc (Zn) – supports immune function and reproductive health

Lithium (Li) – helps protect the brain from aging.



And **over 50** more microelements

The benefits of DOW have been confirmed by numerous studies, including clinical trials

DOW research results

- Physical performance, muscle endurance
- Strengthening the musculoskeletal system
- Fast recovery

- Electrolyte balance
- Mental focus and brain health
- Metabolic syndrome

How **Oceanmin** helps:



Coping with the feeling of local and chronic fatigue, increase muscle strength



Support the work of the heart



Increase physical stamina and mental performance, including during diets



Strengthen bone tissue



Normalize psycho-emotional balance and increase stress resistance



Reduce propensity to thrombus formation



Recover faster after illness, injury, surgery

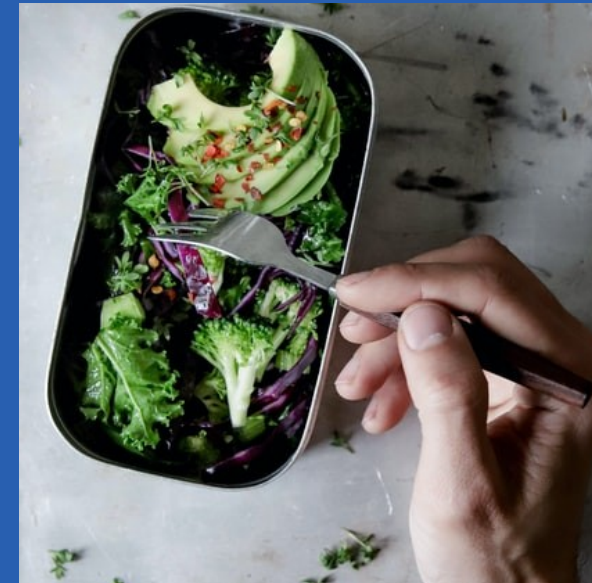
When to take Oceanmin?



regular intense physical and mental stress (students, applicants, athletes)



fatigue (local / chronic)



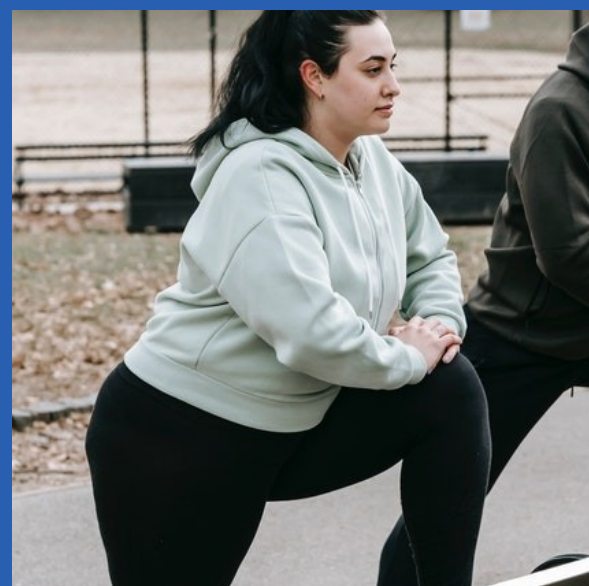
diet, fasting



unbalanced diets



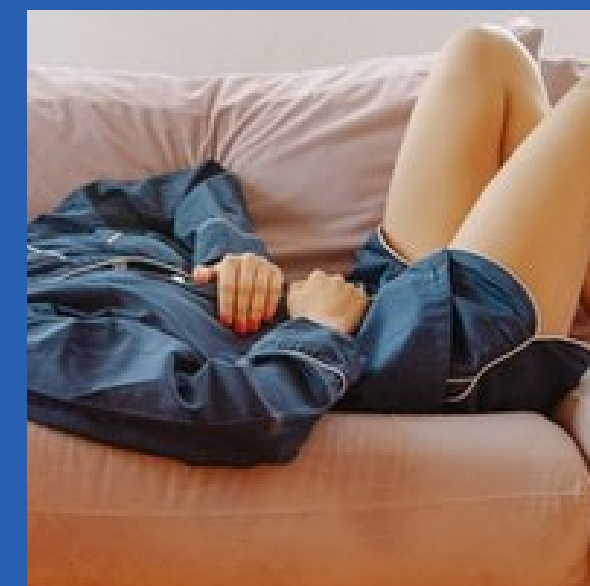
stress and emotional burnout



excess weight



metabolic and water-electrolyte imbalance



gastrointestinal problems



advanced age

Water – the key to the product

Lifestyle and nutrition	Preparation	Dosage recommendations
Regular intense exercise	1 sachet for 0.75-1 l. Take in small portions during and after training	During training regimes
Regular intake of more than 50 ml of hard alcohol more than 3 times a week (or the equivalent of other alcoholic beverages)	1 sachet for 0.75 l. Take throughout the day or divide into 3-4 servings.	1 month, 3-4 times a year
Living in regions with low water hardness	1 sachet for 0.75-1 l. Take throughout the day or divide into 2-3 servings.	1 month, 2-3 times a year
Chronic stress situations	1 sachet for 0.75-1 l. Take throughout the day or divide into 3-4 servings.	1 month (during and after a situation of chronic stress)
Diets	Do not take during fasting periods. At other times, 1 sachet for 0.75-1-1.5 liters. Take during the day or divide into 3-4 servings	1 month

Water – the key to the product

Lifestyle and nutrition	Preparation	Dosage recommendations
The risk of developing hypercholesterolemia (high cholesterol levels); risk of developing metabolic syndrome	1 sachet for 0.75-1-1.5 liters. Take throughout the day or divide into 3-5 servings	1 month, repeat 3-4 times a year
For women: during menopause and postmenopause; when taking oral contraceptives, hormonal drugs	1 sachet for 0.75-1-1.5 liters. Take throughout the day or divide into 3-5 servings	Discuss with a consultant
While taking antibiotics	1 sachet for 0.75-1-1.5 liters. Take throughout the day or divide into 3-5 servings	2 weeks after taking antibiotics
In case of constipation	1 sachet for 0.25-0.5 l. Divide into 2-3 servings throughout the day	Before the onset of the effect
Heartburn	1 sachet for 0.5 l. Take after meals in small portions as needed	At the same time, if necessary

How to mix water with Oceanmin



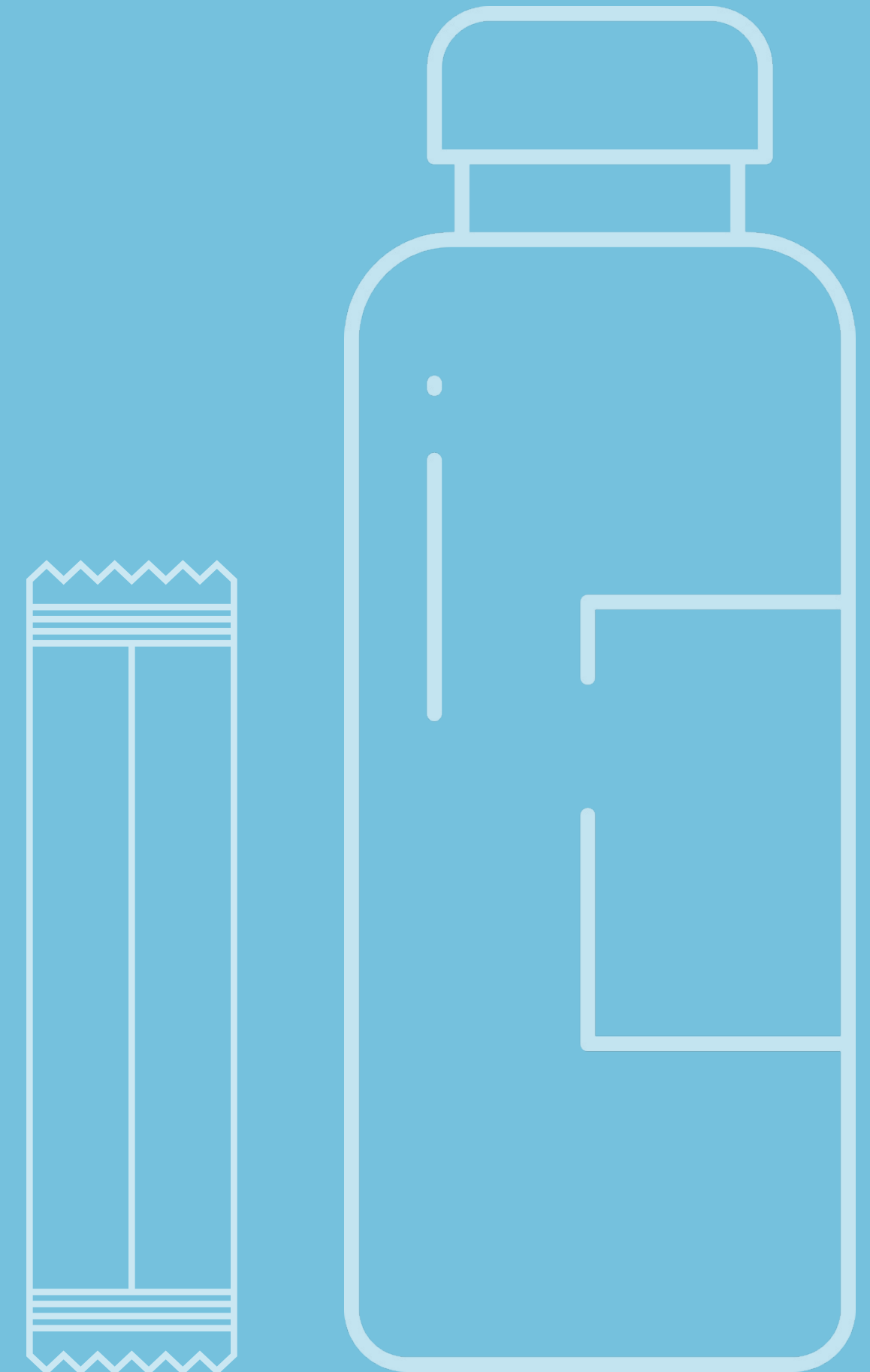
The choice of water temperature for Oceanmin is individual. It is better to use water at room temperature (approximately 23 degrees Celsius).



Dissolve Oceanmin in regular drinking water. Mineral and distilled are not suitable.



The duration of taking Oceanmin is one month. Then, you should take a break. You can also drink Oceanmin every other day.



Oceanmin

225115

1 box = 15 sachets at 1 g

BONUS POINTS

17

CLUB PRICE

RETAIL PRICE





Oceanmin

The power of the ocean
in your glass