



♥ This Valentine's Day, share the gift of health with those who matter most. Our special feature this month is **OMEGA DHA**, a supplement widely recognized for supporting brain health. DHA helps nourish the brain, blood vessels, and cell membranes, supporting vitality from within as we age. A perfect addition to your daily wellness and healthy aging routine.

♥ **Magnus OMEGA DHA** is **NOW ENHANCED with ASTAXANTHIN**, a powerful companion ingredient. Astaxanthin helps protect DHA from oxidation, supporting its stability and maximizing its benefits for consistent, reliable wellness support.



February Special!

Introducing the new and improved Omega DHA!

- ♥ Purchase Omega DHA and receive a **FREE Vitamin C** (SRP \$16). *Limit: one free item per person.*
- ♥ For every 5 Omega DHA products purchased, receive **1 Omega DHA PLUS 1 Vitamin C FREE!**



VITAMIN C PLUS
\$16 SRP/100 tabs

Gift

Why Vitamin C?

Vitamin C not only supports immunity but also helps protect your eyes from age-related decline. Plus, **Magnus Vitamin C with Biotin** also supports healthy hair, helping to reduce hair loss and thinning as you age. Take care of your brain, eyes, and overall wellness – and share the gift of health with those you care about!

Do any of these signs sound familiar? Checklist to Identify Early Risk of Dementia

- **Loses track of conversations easily** – jumps from topic to topic.
- **Has difficulty understanding what is being said.**
- **Disoriented with time** – cannot tell the time or distinguish AM/PM.
- **Tries to make the story make sense** – struggles to keep conversations coherent.
- **Cannot recall or repeat recently heard information.**
- **Repeats the same story frequently.**
- **Forgets appointments, schedules, or daily tasks.**
- **Misplaces items more often than usual** – difficulty retracing steps.
- **Shows decreased interest in hobbies or social activities.**
- **Struggles with problem-solving or planning tasks.**
- **Has trouble following instructions or directions.**
- **Experiences mood changes or increased irritability.**

The 12-item checklist above is designed to help **observe early signs of dementia**.
If **4 or more items apply**, there may be a risk of early dementia.
It's important to **take brain health seriously!**

If **5 or more items apply**, please **consult a healthcare professional**.

There's Still Time!

Strengthen Your Brain!

The brain can be strengthened at any age by maintaining a balanced approach of "use, move, protect, and rest."

- **Try new things** – give your brain fresh stimulation.
- **Think and challenge yourself** – puzzles, calculations, chess, and other mentally engaging activities.
- **Exercise your body** – brisk walking, cycling, dancing, and other activities that also train your brain.
- **Support with brain-friendly nutrients** – DHA & EPA, astaxanthin, B vitamins, polyphenols, and more.
- **Sleep and rest** – memory is organized and consolidated during sleep, making rest essential for brain health.

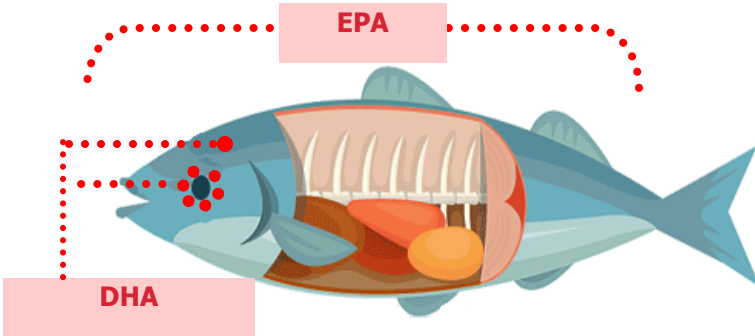




Magnus OMEGA DHA

Now with a New & Improved Formula!

Magnus OMEGA DHA is a health supplement designed to support brain and eye health, featuring a well-balanced blend of DHA and EPA, and further enhanced with **Astaxanthin**, a powerful antioxidant.



DHA is an essential fatty acid that our bodies need.

Since essential fatty acids cannot be produced by the body, they must be obtained through diet. In the human brain, the **hippocampus**—which plays a key role in memory and learning—contains more than twice the amount of DHA found in other regions.



\$70 SRP 90 soft capsules

■ From Infants to Students and Adults

Brain cells grow rapidly from infancy through early childhood and largely stop increasing in number during the teenage years. However, the nerve cell projections (neurites) continue to grow throughout life.

These projections require phospholipids to develop—and DHA is essential for forming those phospholipids.

For students focused on learning, professionals engaged in mental work, and those beginning to worry about memory decline, DHA is an important nutrient for brain health.*

■ Also Recommended for Cognitive Health Support

About Vascular-Related Cognitive Changes

Factors such as elevated blood pressure, cholesterol levels, and blood sugar can affect circulation over time, including blood flow to the brain. Maintaining healthy blood vessel function is important because adequate circulation helps deliver oxygen and nutrients that support normal brain activity and overall cognitive performance.*

About Age-Related Cognitive Changes

As we age, natural changes can occur in brain structure and nerve cell communication. Researchers have studied how factors such as protein accumulation and changes in neural pathways—particularly in areas associated with memory—may influence cognitive function over time. Supporting brain health through proper nutrition and lifestyle choices is commonly recommended to help maintain normal memory and cognitive function with aging.

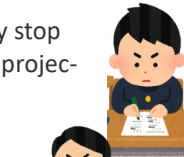
■ Support for Age-Related Cognitive Changes

Circulatory and Brain Health Support

Maintaining healthy circulation is an important part of overall brain wellness. Nutrients such as DHA and EPA are known to support healthy cholesterol metabolism and normal blood flow, which helps deliver oxygen and nutrients to the brain and supports everyday cognitive function.*

Brain Cell Communication and Memory Support

DHA is a key structural component of brain cell membranes and plays a role in supporting normal nerve cell communication. Adequate DHA intake is commonly included in nutrition strategies aimed at helping maintain healthy neural connections and supporting memory and cognitive function as part of the natural aging process.*



DHA

Supports normal brain function, including memory and mental clarity
Helps maintain cognitive health
Supports eye health
Helps promote emotional well-being
Supports a healthy immune response
DHA is naturally present in the brain and the retina of the eyes. It plays an important role in normal nerve signaling and cellular communication, helping to support overall brain function and visual health.*

EPA

Supports healthy circulation
Helps maintain healthy cholesterol levels already within the normal range
Supports heart and vascular health
Helps maintain healthy triglyceride levels*

Astaxanthin

Astaxanthin is a naturally occurring carotenoid found in salmon, shrimp, and crab. It provides antioxidant support to help protect cells from oxidative stress.*

Astaxanthin supports brain and eye health, helps maintain visual comfort, and contributes to overall wellness as part of a healthy lifestyle.

DHA and astaxanthin are a powerful complementary combination.

*Statements made on these pages have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.



Mr. Torii's Message



Early in the new year, reports concerning Venezuela gave me pause. They reminded me that the use of power carries great responsibility, and that democratic societies must always strive for peaceful resolution. I am praying for the peace and prosperity of all.

On another note, please read the following submission written by an ordinary citizen and published in a Japanese newspaper:

“When I was young, our family was by no means well-off. For us four children, the greatest luxury was going as a family a few times a year to a nearby Western-style restaurant. As soon as we sat down, my second older brother, a real glutton, would always excitedly say, ‘I’ll have the A set—and curry too.’

My father never scolded him. Smiling gently, he would simply say, ‘Eat the A set first.’

My father always ordered curry rice. As a child, I could never understand why. Curry was something you could eat anytime, after all.

He would slowly, slowly lift his spoon, as if waiting for my brother to become full. Only after that would he finish his meal—this was always how it went.

Even after my brother moved to Tokyo, became a company president, and took our aging parents to that same restaurant whenever he returned home, my father would shyly say the same thing every time: ‘I’ll just have curry rice.’

More than half a century has passed since then. On the night of our father’s wake, as the siblings sat talking together, our eldest brother quietly said, ‘Do you think Dad really ordered curry because he liked it?’

At that moment, the image of our father’s back that night suddenly came to mind.”

What kind of feelings did you have when you read this passage?

Empathy and sensitivity—every human being possesses emotions. Their strength and richness differ from person to person. Some people become more prone to tears as they age, while others feel nothing at all. I believe I am someone with relatively strong empathy and sensitivity, reacting deeply to things. That may be why I am more susceptible to stress.

Modern society is often described as an age of stress. People who are resilient to stress may find life easier than those who feel it deeply. Still, I consciously choose to remain sensitive for as long as I can. Recently, I have been surprised by how many people—young and old alike—seem emotionally numb and expressionless. People with dementia often lose facial expression, so if one wishes to avoid dementia, shouldn’t one strive to remain emotionally sensitive? In other words, I believe that the stronger one’s curiosity, the less likely one is to develop dementia.

What, then, is the greatest quality a person can have?

It is the ability to be kind to others.

Those who can experience many moments of inspiration and gratitude in their daily lives are truly happy. I make a point of saying “thank you” more than one hundred times a day, and I actually practice this. At first, I thought it would be impossible to say it that many times, but once you try, you find that it can be done. And when you do, your own spirits are lifted, and you feel happy. I encourage everyone to try “one hundred thank-yous a day.”

Let me share one more secret to health and happiness. That secret is looking at your face in the mirror. The reflection you see is your true, living self at that moment—it reflects your mood and your state of health. When you notice that you don’t look refreshed, take the time to think carefully about why. You will always find something that needs correcting. It may be lack of sleep, strained relationships, or something else entirely. Since women tend to look in the mirror more often than men, I suggest first checking your facial expression before applying makeup and reflecting on your daily habits. And if you can spend the entire day smiling, that would be ideal.

My “three-day-only health method” has recently gained the support of many people. This method means never continuing unhealthy habits for more than three days before correcting them. If any of the four items on Magnus’s “Health Improvement Calendar” receive an X mark for three consecutive days, you must correct them at that point. If unhealthy days last only up to three days, the body’s natural self-correcting ability can restore balance. However, once poor habits continue beyond three days, the body’s corrective function can no longer keep up, and the risk of developing illnesses—large and small—increases.

One important caution: this does not mean that anything goes as long as it’s within three days.

A healthy lifestyle every day is, of course, best. Please never forget that health is the greatest asset, one that cannot be replaced by anything else. I sincerely hope that everyone will make effective use of Magnus’s “Health Calendar.”



MAGNUS ENTERPRISES, INC.

22301 S. Western Ave. Suite 104 Torrance California 90501

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FIRST CLASS MAIL



February Recipe

Lemon Basmati Rice

Ingredients

- Olive oil: 2 teaspoons
- Basmati rice: 1 cup (rinsed)
- Ginger: 2 inches (finely chopped)
- Lemon: 1 (zest grated and juice squeezed)
- Chicken broth: 2 cups
- Salt and black pepper: to taste



Instructions

Heat the oil in a pot over medium heat. Add the rice, ginger, and lemon zest, and sauté for about 1 minute. Add the lemon juice and chicken broth, then bring to a boil. Cover the pot and simmer for about 18–20 minutes, until the liquid is absorbed and the rice is tender. Season with salt and black pepper to taste. Sprinkle mitsuba (Japanese parsley) on top, cover again, and let rest for 2–3 minutes before serving.

This dish pairs wonderfully with meat dishes, so please enjoy it as a side!

From our Friends



■ During a routine health checkup, I mentioned to my doctor that I sometimes had trouble recalling names and wondered if it was a sign of aging. The doctor explained it could be part of normal age-related changes and suggested that I might consider paying attention to nutrients such as DHA. Since then, I've been taking Magnus Omega DHA as part of my daily routine. I feel clearer in my day-to-day life and continue taking it to support healthy aging.



K. Ito, 72, Tokyo, Japan

■ My son used to have difficulty staying focused on his studies, so we decided to review his overall nutrition and added DHA to his daily routine. Gradually, he began spending more time at his desk and seemed better able to concentrate. He was accepted into his first-choice university, and we are truly grateful. Even now, Magnus DHA is the one supplement he continues to take regularly.



J. Kataoka, 56, Okinawa, Japan

■ Our 8-year-old female dog has sensitive skin, and we were concerned about her daily comfort. After receiving general advice from our veterinarian about reviewing her diet, I decided to include DHA, which I was already taking myself, as part of her routine. Recently, her coat appears calmer and healthier, and she is full of energy. Now, both my dog and I take Omega DHA together as part of our daily wellness routine.



M. Kitamura, 71, Los Angeles, USA