

Krill Oil

DESCRIPTION

Krill oil supplies omega-3 fatty acids EPA and DHA, phospholipids, and astaxanthin for many health benefits such as cognitive, heart, and joint health.[†]

FUNCTIONS

Krill oil is a phospholipid-fatty acid molecule derived from tiny crustaceans (*Euphausia superba*) found in the Antarctic oceans that contains omega-3 fatty acids, phospholipids and antioxidants shown to support cardiovascular health, neurological health, joint support and beyond.[†]

Krill oil is a source of essential omega-3 fatty acids, EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid). EPA is the direct precursor for the prostaglandins E1 and E3, which play important roles in supporting the body's normal processes. DHA is important for the structural integrity of neuronal membranes, essential for brain and visual development and is vital throughout fetal brain growth to support the formation of the retina and visual cortex. Studies have shown that DHA, along with EPA may play an important role in neurological health.[†]

When present in the brain, DHA is found mostly attached (conjugated) to phospholipids in the membranes of the brain. Membranes are the working surfaces of every cell, carrying out the essential functions of cellular communication and hormonal signal transduction. Nerve cells, in particular, depend on healthy membrane function for normal neurotransmitter metabolism and nerve signal transmission. The fundamental function of phospholipids is to help maintain proper membrane fluidity, which has major implications on most membrane functions. Krill oil provides naturally occurring phospholipids and lysophospholipids yielding approximately 35% as phosphatidylcholine.

Krill oil also provides an ideal essential fatty acid balance for healthy cardiovascular and platelet function.[†] A prospective phase II randomized, double blind, clinical trial suggested that krill oil supports healthy lipid, triglyceride and glucose metabolism at 1-3 grams daily when compared to a fish oil supplement and placebo.[†] A prospective controlled pilot clinical trial reported that krill oil supplementation helped promote joint flexibility and comfort while also supporting healthy C-reactive protein levels at a daily dose of 300 mg.[†] Krill Oil supplies astaxanthin, a natural carotenoid and powerful antioxidant, that can help protect cells from oxidative and free radical damage and supports the immune system.[†]

Krill are at the bottom of the food chain, they do not accumulate as many toxins and heavy metals as other marine life higher up the food chain. This makes them an ideal source of Omega-3. The krill oil used in this product ensures that its harvesting practices do not have irreversible effects on this remarkable and valuable organism. The krill harvesting company adheres to strict international guidelines of the Commission for the Conservation of Antarctic Marine Living Resources (CCAMLR) that safeguard the continuation of the krill bloom in the southern Antarctic Ocean.

INDICATIONS

Krill Oil is indicated for individuals that desire omega-3 fatty acids and phospholipids from krill.

FORMULA (#202182-60X)

Two softgels contain:

Calories	5
Calories from fat	5
Total Fat	0.5 g
Cholesterol	10 g
Krill Oil (from shellfish).....	1,000 mg

Providing:

Omega-3 fatty acids	300 mg
EPA.....	150 mg

Krill Oil

DHA	90 mg
Phospholipids	400 mg
Astaxanthin.....	0.75 mg

Other ingredients: Gelatin capsule (bovine gelatin, glycerin, water, sorbitol, and ethyl vanillin).

WARNING: If you are taking anticoagulant or diabetes medication, please notify your physician before using this product.

The krill oil is NKO®, which is a registered trademark of Neptune Technologies & Bioresources, Inc.

SUGGESTED USE

Adults take 2 softgels daily with food or as directed by your healthcare professional.

SIDE EFFECTS

Krill oil consumption may result in bloating, diarrhea, and flatulence in some individuals.

STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

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For more information on Krill Oil visit douglaslabs.com

† These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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