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Krill Oil

Description

Krill Oil is a type of Oil derived from Krill. Krill is a generic term used to designate 85 species of cold deep-water marine planktonic family Crustaceans.

Scientific Name

- *Euphasia superba*

Health Benefits of Krill Oil

*Many of the health benefits of Krill Oil are attributable to its **Omega-3 Fatty Acids** content. Therefore, in addition to the benefits listed below, Krill Oil may also provide the health benefits attributable to other Fish Oils. The Astaxanthin content of Krill Oil also contributes to its health benefits.*

Metabolism

- Krill Oil may lower total serum **Cholesterol** levels: [references](#)
 - Krill Oil may increase **HDL Cholesterol** levels. [references](#)
 - Krill Oil may lower elevated **LDL Cholesterol** levels. [references](#)
- Krill Oil may lower elevated serum **Triglycerides** levels. [references](#)

Musculoskeletal System

- Krill Oil may be useful for the treatment of **Osteoarthritis**. [references](#)
- Krill Oil may be useful for the treatment of **Rheumatoid Arthritis**. [references](#)

Sexual System

- Krill Oil may alleviate the symptoms of **Pre-Menstrual Syndrome (PMS)**. [references](#)

Krill Oil may Counteract these Toxic Substances

Proteins

- Krill Oil may lower elevated **C-Reactive Protein** levels. [references](#)

Krill Oil Contains these Substances note

(mg of Substance per 100 grams)

Carotenoids:	Astaxanthin	150		
Lipids (Fats):	Omega-3:	24,000	Eicosapentaenoic Acid	15,000
			Docosahexaenoic Acid	9,000
	Omega-6:	2,000		
	Monounsaturated:	8,500		
	Saturated:	32,000		
	Phospholipids:	40,000	Phosphatidylcholine	
			Phosphatidylinositol	
			Cardiolipin	
			Phosphatidylethanolamine	
			Phosphatidylserine	
	Cholesterol	1,500		
Vitamins:	Vitamin A	100 IU	Vitamin E	0.5 IU

Dosage Recommendations

- The therapeutic dosage of Krill Oil is 500 – 3,000 mg per day.

Krill Oil Compared with other Fish Oils

- In most Fish Oils, the Omega-3 Fatty Acids are contained within Triglycerides. Krill Oil's constituent Omega-3 Fatty Acids are contained within Phospholipids. The bioavailability of DHA and EPA from Phospholipids is up to 98%, while the bioavailability of DHA and EPA from Triglycerides is approximately 50%.

Commercial Availability of Krill Oil

Oral Products

- Krill Oil is available from health food stores and internet-based suppliers in the form of:
 - 1,000 mg softgel capsules containing 90 mg DHA, 150 mg EPA, 400 mg Phospholipids and 1.5 mg Astaxanthin.

Krill Oil (Neptune-NKO®)

Omega 3

is 48 times more effective
than Omega 3 Fish Oil*

- ✓ The most absorbable phospholipid form of omega 3's - not triglyceride form found in fish oil sources.
- ✓ 50% better absorbed
- ✓ 48 times more anti-oxidant activity
- ✓ Naturally free of mercury and heavy metals
- ✓ Reduced reflux
- ✓ Low in saturated fats (Krill Oil 25%: Fish Oil 63%)

* Anti-oxidant capacity: Fish Oil = 7.87
Krill Oil = 378

What is Krill Oil?

Krill are tiny shrimp-like species, found in icy waters of the Antarctic. They are at the bottom of the food chain, and therefore do not accumulate heavy metals like fish do. They are therefore naturally free of heavy metals and other toxins. The omega 3's found in Neptune Krill Oil are bound to phospholipids and not to triglyceride fats, like standard omega 3's. This improves bioavailability, meaning lower doses can be used. Neptune Krill Oil is also an excellent source of phosphatidylcholine, essential for skin health, brain function and liver detoxification, as well as astaxanthin, a powerful anti-oxidant. Neptune Krill Oil contains the best EPA and DHA forms of omega 3's.

What are the benefits & who should use Krill Oil (Neptune-NKO®) Omega 3?

Krill Oil is excellent for heart, brain and immune system health. It also boosts mood and helps prevent inflammatory disorders. Research shows that Krill Oil is superior to fish oil at maintaining healthy blood triglyceride and cholesterol levels, as well as preventing hormonal imbalances. Because Krill Oil is naturally high in phospholipids, it is also excellent for children's brain development and helps reduce symptoms of ADD/ADHD. Its brain boosting benefits also make it useful for improving memory, mental focus and concentration in adults. Krill Oil should be used as a superior alternative to fish oil omega 3's, by all adults and children who eat less than 4 servings of oily fish per week.

KRILL OIL vs FISH OIL:

Independent testing reveals the anti-oxidant power of Neptune Krill Oil:

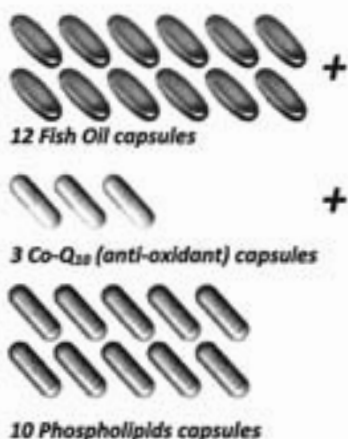
- Over 300 times greater than Vitamins A & E.
- Over 48 times greater than Omega-3 Fish Oil.
- Over 34 times greater than Co-enzyme Q₁₀ (Co-Q₁₀).



ANTI-OXIDANT CAPACITY



1 Capsule
of Krill Oil
(Neptune-NKO®)
= per day



COMPARISON: NEPTUNE KRILL OIL vs FISH OIL		
PROPERTY	Neptune Krill Oil	Fish Oil
NUTRIENT COMPOSITION		
OMEGA 3 FORM	PHOSPHOLIPIDS	TRIGLYCERIDES
BIOAVAILABILITY	95 - 98%	61 - 65%
LOW IN SATURATED FATS	25%	63%
SAFETY		
HEAVY METALS	None	Low in some; moderate to high in others
PCBs	None	Low in some; moderate to high in others
PESTICIDES	None	Low in some; moderate to high in others
PRESERVATIVES	None added (not needed)	Always added (obligatory to stabilise oil)
STABILITY		
OXIDISED FATS	less than 0.1	greater than 2
ANTI-OXIDANT CAPACITY	378	7.87
CONSUMER ACCEPTANCE		
SIDE EFFECTS	None reported	Gastric reflux ("fishy burp")
INDICATIONS	Immune system health Protects brain Protects heart Mental alertness Enhanced concentration Enhanced memory Enhanced learning capacity Improved emotional stability Reduced joint pain (7 days dose)	Immune system health Protects brain Protects heart
ANTI-OXIDANT POTENCY		
ANTI-OXIDANTS	Occur naturally in Krill Oil Astaxanthin (best)	Synthetic anti-oxidants added synthetic alpha-tocopherol (inferior)
POTENCY (ORAC)	378	7.87
SCIENTIFIC VALIDATION		
PHASE II CLINICAL TRIALS	At market recommended doses	6-12 times higher dose than most market recommendations
TECHNOLOGY		
PATENTED FORMULATION	Yes	No

How SOLAL's Krill Oil (Neptune-NKO®) Omega 3 is superior to other Krill Oil products:

SOLAL Technologies is the only company in South Africa that uses solid LiquiCaps technology to protect the Krill Oil from oxidation. SOLAL Technologies does not use soft gel capsules (used by other Krill Oil products), which allow oxygen through the shell, thereby causing oil decay. Independent studies have shown that, when Krill Oil is formulated in solid LiquiCaps, it is 100 times less susceptible to oil oxidation than soft gel capsules.



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Available from SOLAL Technologies, Medical Practitioners, Dis-Chem Pharmacies and selected Pharmacies & Health Shops.
Form more information on anti-aging products and protocols or for any health need, contact:
Tel: 086 11 SOLAL or 086 11 76525 (Health line)

SOLAL Technologies: Tel: 011 783 3939 • Fax: 011 783 3399 • emails: solal@solaltech.com

The most useful health website in SA: www.solaltech.com

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