

Activated Omega-3 Krill Oil

What is it?

Krill are shrimp-like crustaceans that are approximately 1 to 6 centimetres long. They live in the ocean, where they feed mainly on phytoplankton. They're near the bottom of the food chain and are eaten by whales, seals, penguins, squid and fish.

Commercial fishing of krill occurs primarily in the Southern Ocean and the northern Pacific Ocean along the coasts of Canada and Japan. Krill that are caught are used for aquaculture and aquarium feeds, sport fishing bait or they are eaten as food. In Japan, krill that's caught for food is called okiami.



Krill oil, the oil that's found naturally in krill, is extracted and sold as a nutritional supplement. It's sold in some health food stores and online in capsule form.

Krill oil contains omega-3 fatty acids, which is the main reason it's becoming popular as a nutritional supplement.

Another reason krill oil is becoming popular is because it contains an antioxidant called astaxanthin. The algae that krill eat produces the bright red pigment astaxanthin that gives krill and other crustaceans such as lobster and shrimp their reddish-pink colour.

Antioxidants protect our body cells from damage from free radicals, unstable substances that are thought to contribute to certain chronic diseases. Unlike many other antioxidants, astaxanthin crosses the blood-brain barrier, where it could theoretically protect the eye, brain and central nervous system from free radical damage.

What are the Uses?

People use krill oil for the same reasons they use fish oil, flax oil or other omega-3 fatty acids. Unlike fish oil, krill oil doesn't cause fishy burps or an aftertaste, a common side effect of fish oil. Also, krill oil contains higher amounts of astaxanthin than fish oil. Here are some specific conditions for which it's used.

Cholesterol

Krill oil is being studied as a natural remedy for high cholesterol. In one study, 120 people were given krill oil, fish oil or a placebo. Krill oil reduced LDL (commonly referred to as "bad") cholesterol by 34% and increased HDL ("good") cholesterol by 43.5% compared to the placebo. In comparison, fish oil reduced LDL cholesterol by 4.6% and increased HDL cholesterol by 4.2%. Krill also lowered triglycerides.

Premenstrual syndrome

Preliminary research suggests krill oil may help reduce symptoms of premenstrual syndrome (PMS), however, more research is needed.

Arthritis

A study in the *Journal of the American College of Nutrition* examined krill oil (300 mg daily) compared to a placebo and found that krill oil was effective at reducing arthritis symptoms and inflammation. After 14 days, C-reactive protein (the main protein found in the blood in response to inflammation) was *reduced* by 29.7%, compared to a 32.1% *increase* in the subjects who took a placebo.

Antioxidant

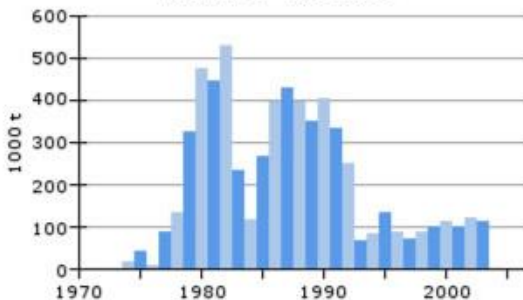
As previously mentioned, Krill oil is a very powerful antioxidant, more than 6x more powerful as Lycopene (tomatoes) and more than 40x more powerful than regular fish oil. Unlike most antioxidants, the unique type of astaxanthin exclusive to Krill oil can cross the bloodbrain barrier, where it could theoretically protect the eye, brain and central nervous system from free radical damage. That's good news if you want an easy way to maintain healthy vision or ward off dementia.

What is the Source?

Eco-Friendly

Krill is one of the earth's most abundant and sustainable organisms. It is a rich source of essential nutrients for marine animals and is therefore crucial to the marine ecosystem's food chain.

Catch of Antarctic Krill in the Southern Ocean from 1974 to 2003



CCAMLR manage krill quotas for sustainability

Recommendations

Krill oil is not toxic in any way - theoretically, it is safe at any dosage. However, general krill oil dosage guidelines include:

· Cholesterol reduction:

Initial 900 – 1500 mg per day (3-5 gel capsules) 1st 3months.

Maintenance 500mg per day (1 capsule)

· Relief of arthritis symptoms:

300 – 600 mg per day (1-2 gel capsules).

· General health and wellbeing:

300 – 600 mg per day (1-2 gel capsules).

Always follow the suggested dosage levels for the first month. Once comfortable you can slowly adjust dosage levels.

Side Effects.

People with allergies to seafood shouldn't use krill oil. Patients with bleeding disorders are advised to avoid krill oil unless under the supervision of a qualified health professional.

Drug Interactions.

People taking blood thinners (anticoagulant or anti-platelet medication), such as aspirin, warfarin (Coumadin), heparin, clopidogrel (Plavix), non-steroidal anti-inflammatory medications (NSAIDS) such as ibuprofen (Motrin, Advil), naproxen (Naprosyn, Aleve) should only use krill oil under a physician's supervision.

Krill oil should also be used with caution by people taking herbs and supplements that are thought to increase the risk of bleeding, such as ginkgo biloba and garlic.

Ingredients:

Euphasia Superba Oil 500 mg
Equiv to:
eicosapentaenoic acid (EPA) 57.5 mg
Docosahexaenoic Acid (DHA) 32.5 mg

Dosage:

Joint: 1 Capsule Daily

Heart: 2 capsules daily for 12 weeks followed by 1 capsule daily.

Caution: As a precaution do not take during pregnancy or while lactating. Medipure Activated Omega 3 is derived from seafood. Individuals with an allergy to seafood should avoid this product. If symptoms persist consult your health-care practitioner. Not for treatment of high cholesterol. Blood cholesterol should be checked regularly.

DO NOT USE IF CAP SEAL IS BROKEN. STORE BELOW 30 C

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