



Nature Remedies UK, EU & USA. A brand of E-Macro Initiatives
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Nature Remedies Marine Omega Krill Oil

A SOURCE OF OMEGA 3, PHOSPHOLIPIDS AND ASTAXANTHIN



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Nature Remedies Marine Omega Krill Oil 60 caps

Usage:

Take 1 to 2 capsules per day or as advised by a health professional.

Not suitable for vegetarians and vegans.

Nature Remedies Marine Omega Krill Oil (*Euphausia superba*) is a natural source of high concentration omega 3 oil, the powerful antioxidant astaxanthin, as well as high levels of phospholipids - a fundamental component of human cell membranes. It contains two types of Omega 3 fatty acid: eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA). Krill oil is used for the same reasons as cod liver oil, flax oil and other omega 3 fatty acids, but is often favoured because it does not cause fishy burps or an after-taste - a common side effect of fish oil. The fact that it contains astaxanthin is also unique. The ultimate antioxidant - researchers have found that it may be more powerful than vitamin E, beta-carotene and lutein. It can also enhance the action of other antioxidants, such as vitamin E and C. Our krill oil is a high-strength formula (500mg), provided in an easy-to-swallow marine gel capsule form. It is sourced exclusively from sustainable fisheries in the Antarctic, through our partners Aker BioMarine™ who work with World Wildlife Foundation Norway to ensure sustainable krill harvesting.

Approved EFSA health claims:

EPA and DHA contribute to the normal function of the heart (with a daily intake of 250mg).

DHA and EPA contribute to the maintenance of normal blood pressure (with a daily intake of 3g of EPA and DHA)*.

DHA contributes to the maintenance of normal blood triglyceride levels (with a daily intake of 2g of DHA and when taken in combination with EPA)*.

DHA contributes to maintenance of normal brain function (with a daily intake of 250mg of DHA).

DHA contributes to maintenance of normal vision (with a daily intake of 250mg of DHA).

*Users should not exceed a supplemental daily intake of 5g of EPA and DHA combined.

About krill oil...

Omega 3 fatty acids

Essential fatty acids (EFAs) include both omega 3 fats (high in the vital compounds DHA (docosahexaenoic acid) and EPA (eicosapentaenoic acid)) and omega 6 fats. EFAs cannot be manufactured by the body, but are beneficial for overall health and, more specifically, the brain, vision, heart health, immune function, mood support and metabolism. Therefore, they must be obtained from our diet.

In a perfect world, we would all be able to get enough EFAs from the fresh fish we eat. Unfortunately, as a result of environmental pollution and poor eating habits, this is now no longer a reality. Studies show that eating fish can potentially expose you to a high degree of contamination with industrial pollutants and toxins like mercury, PCBs, heavy metals and radioactive poisons.

Krill oil provides a unique means of supplying the body with antioxidants, phospholipids and omega 3 oils simultaneously. What's more, it boasts antioxidants not seen in fish or cod liver oil.

Unlike other fish oils, krill oil carries omega 3s in the form of phospholipids

- liposomes that deliver the fatty acids directly to the body's cells. Scientific evidence to date has shown that the safest and most effective carriers of EPA and DHA are these phospholipids. Standard fish oils (and inferior krill oil brands) lack this phospholipid complex. Phospholipids are important because they are the building blocks of cell membranes, regulating cellular transport by functioning as "gate-keepers". In this role, they protect cell membranes from free radical attack. This unique relationship between the phospholipids and omega 3 fatty acids greatly facilitates the passage of the fatty acid molecules through the intestinal wall. This is beneficial in two ways:-

- It makes the omega 3 fats in high grade krill oil significantly more bioavailable than those in fish oil, by allowing EPA and DHA to directly enter cells.
- It improves the omega 3 to omega 6 ratio. Although some omega 6 fats are good for health, the balance of omega 6s to omega 3s is crucial. Most people today consume an over-abundance of omega 6 fats.

Antioxidant power

Antioxidants protect our bodies' cells from damage by free radicals - unstable substances that are thought to contribute to certain chronic diseases and the ageing process. Krill oil has an extraordinary oxygen radical absorbance (ORAC) capacity and the antioxidant properties are over 40 times more powerful than those of fish oil.

The EPA part of the phospholipids in krill oil contains the antioxidant astaxanthin. The algae that krill eat produces the bright red pigment astaxanthin, which gives them and other crustaceans (such as lobsters and shrimp) their reddish-pink colour. Unlike many other antioxidants, astaxanthin crosses the blood-brain barrier, where it can protect the eye, brain and central nervous system from free radical damage. It can also protect your skin against the harmful effects of UV rays and the reduction of collagen, among other things.

Premenstrual syndrome

Taking krill oil supplements can have very beneficial effects on the health and well-being of women. In particular, it can alleviate the symptoms of dysmenorrhoea (a gynaecological medical condition characterised by severe uterine pain during menstruation), as well as the emotional symptoms of premenstrual syndrome (PMS).

Cholesterol

Krill oil is being studied as a natural remedy for high cholesterol and is thought to boost levels of HDL or "good" cholesterol and reduce the harmful effects of LDL or "bad" cholesterol significantly. Combined with the omega 3 fatty acids naturally present in it and its anti-inflammatory properties, krill oil can act to reduce the risk of heart attacks and support the cardiovascular system by helping to:

- keep cholesterol at healthy levels
- reduce bad cholesterol
- avoid the chronic inflammation that is known to increase the risk of heart disease
- reduce the deposition of fat in the coronary arteries and generally keep them clean and in good condition.

About krill oil cont...

Arthritis

Krill oil demonstrates significant anti-inflammatory properties and it can help to reduce chronic inflammation, such as rheumatoid arthritis and other joint pains. It is thought that this is because krill oil acts by inhibiting inflammatory mediators like thromboxane, prostacyclin and leukotrienes produced by cells in response to inflammation.

Weight management

Krill oil can promote weight loss by controlling blood sugar levels and lowering high cholesterol. The omega 3 unsaturated fatty acids contained within it are considered likely to support a phenomenon known as "fuel partitioning" (the storage of glucose as glycogen in muscle), while at the same time diverting fatty acids away from fat synthesis and into oxidative pathways. In other words, omega 3 fatty acids stimulate the use of fatty acids as fuel instead of in fat deposition (i.e. krill oil can help burn fat).

Depression

Krill oil is used in the treatment of resistant depression and cognitive disorders, but it is not just in the treatment of depression that EPA has beneficial effects: taking pure EPA supplements also has benefits for concentration, ADD (attention deficit disorder), ADHD (attention deficit and hyperactivity disorder), OCD (obsessive compulsive disorder), mood, schizophrenia and bipolar disorder (formerly known as manic depression).



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