Krill Oil

The Moss Nutrition Professional Line

HIGHLY BIOAVAILABLE OMEGA-3 FATTY ACIDS & PHOSPHOLIPIDS

- Molecularly distilled, solvent-free, pure marine lipid oil.*
- Sourced from coldwater, ocean-dwelling Antarctic krill.*
- High potency 500 mg softgels.*
- Researched support for brain, liver & cardiovascular health.*

Krill Oil is a good source of the polyunsaturated omega-3 fatty acids EPA and DHA, naturally bonded to phospholipids. Being phospholipid-bound enables the omega-3 fatty acids in krill oil to provide outstanding intestinal absorption and uptake into human target tissues compared to ethyl ester or triglyceride-bound fish oils. Phospholipid-enhanced absorption also helps to limit the incidence of fishy burps (i.e. “repeating”) that some people experience from taking other types of fish oil supplements. Krill oil is further distinguished by virtue of containing astaxanthin, a red-orange antioxidant researched to provide numerous health benefits, including support for brain, eye and cardiovascular function.

Krill Oil

SUGGESTED USE: 2 SOFTGELS PER DAY OR AS DIRECTED BY YOUR HEALTHCARE PROFESSIONAL.

WARNING: IF TAKING MEDICATION, PREGNANT OR NURSING CONSULT A PHYSICIAN BEFORE USING.

Other ingredients: Purified Antarctic krill oil (non-GMO), gelatin, glycerol, purified water, vitamin A (as beta carotene).

Contains: Shellfish.

* 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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Another 3-month, multicenter trial of 120 patients with high lipid levels found that compared to standard fish oil or placebo, subjects taking 1 to 3 grams of krill oil per day (dose dependent on BMI) experienced a significant decrease in total cholesterol, LDL cholesterol and triglyceride levels, and a significant increase in levels of healthy high-density lipoprotein (HDL) cholesterol. The krill oil group in this study also exhibited improved blood glucose levels.

Placebo-controlled research in subjects with blood sugar dysregulation found that those taking krill oil experienced improved endothelial function and reduced blood C-peptide levels after only 4 weeks of supplementation. A subset of patients in this study elected to continue taking krill oil for an additional 17 weeks; this group exhibited a statistically significant improvement in both endothelial function and serum HDL levels.

Research suggests that in krill oil, the combination of phospholipid-bound omega-3 fatty acids EPA and DHA with antioxidant astaxanthin increases its potential to provide neuroprotective and cognitive benefits, especially when central nervous system oxidative stress is a factor. A 2013 randomized controlled trial of older men (aged 61-72 years old) compared the ability of krill oil, sardine oil or an MCT oil placebo to activate cognitive function by measuring changes in cerebral cortex oxyhemoglobin levels during working memory and calculation tasks. After 12 weeks of supplementation, cognitive benefits were most enhanced in the group taking krill oil. The authors attributed this result to the fact that in krill oil, the majority of omega-3 fatty acids are incorporated into phosphatidylcholine, a well-known brain supportive nutrient that, in krill oil, also helps to enable enhanced absorption of the omega-3s to which it is bound.

Moss Nutrition Krill Oil is rigorously tested for purity and potency to help ensure safety. It contains no detectable lead, arsenic, mercury or other heavy metals, no PCBs or dioxins, and no gluten or genetically modified organisms (GMOs). Our Krill Oil is harvested in a sustainable manner and endorsed by Friends of the Sea, a non-profit non-governmental agency with the mission of conserving marine habitats.

REFERENCES


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