



## Information for users

### Neptune-Krill-Oil-Capsules NKO™



- PZN: 13333619 -

The original Neptune Krill Oil NKO™ derives from the species *Euphausia superba* from the cold, clean waters of the Antarctic and is obtained from sustainable ECO certified catch (1% of 500 billion tons per year). It has the highest purity and bioavailability, is odorless and tasteless with very good tolerability. All this makes krill oil from **SoluMed** significantly different from the fish oils.

Neptune Krill Oil from **SoluMed** does not contain any harmful additives, even in the capsule cover. It is rich in omega 3 fatty acids with a ratio to omega 6 from 15:1. In the normal nutrition it is usually reversed, or still much higher (up to 1:50), although the optimum is 1:1 to max. 1:3. Energy deficits (catabolic) and tendency to inflammation (anabolic) can be the consequences of such a discrepancy.

Oils and fats are the most important energy storage. Omega 3, 6 and 9 are differentiated for the unsaturated fatty acids. The most important representatives of the omega 3 oils are DHA (docosahexaenoic acid) and EPA (eicosapentaenoic acid). They influence the catabolic metabolism and support the function of heart, brain (neurogenesis) and eyes. Omega 3 oils can also cause inflammation to heal without suppressing the necessary healing reaction. This is promoted by the high content of phospholipids - an important building material for cell membranes and thus for tissue regeneration.

Since krill oil does not contain triglycerides (neutral fats), but 40% lecithin (phosphatidylcholine) compared to the fish oils, it is also better absorbed and processed by the body. Biliary fluid is not necessary for this, and it can be immediately taken into the blood. The choline\* is used to improve the function of the liver and to degrade the fatty acid, to stimulate bile flow and thus to detoxification, to reduce homocysteine levels, to regulate blood fats and to prevent arteriosclerosis. It promotes methylation and is essential for the important neurotransmitter acetylcholine.

The also contained astaxantine is a carotenoid, a red dye similar to lutein (tomatoes) or beta carotene (carrots), but it has 10 times more intense. It supports the immune system and protects as an antioxidant against UV-stress much more strongly, e.g. the vitamin E.

***The uniqueness of krill oil makes the natural combination of the ingredients phospholipids, choline, omega 3 oils with EPA and DHA as well as astaxantine.***

The high importance of the omega 3 fatty acids in the nutrition has now been confirmed in over 9000 studies. The complex composition of krill oil overcomes the effect of single doses of omega-3 oils, e.g. fish oil.

\* Wikipedia: "Choline also acts as a lipotropic factor and can prevent the ingestion of fat in the liver. According to the scientific assessment of the European Food Safety Authority (EFSA), choline contributes to normal lipid metabolism and normal liver function and normal metabolism of homocysteine. Proper health-related advertising statements are permitted in foodstuffs with sufficient choline content throughout the European Union under Regulation (EC) No 1924/2006 (Health Claims). "

## Ingredients of 1 capsule with 500mg

• Phospholipids	200 mg
• Omega 3 fatty acids total	150 mg
• DHA (docosahexaenoic acid)	45 mg
• EPA (eicosapentaenoic acid)	75 mg
• Omega 6 fatty acids	10 mg
• Omega 9 fatty acids	45 mg
• Choline	37 mg
• Astaxantine	0,5 mg



## Capsule composition

Pure bovine gelatin, glycerol, water; free from pollution

## Consumption

2x1 to 2x2 capsules daily for adults, depending on the body weight and size. This quantity should not be exceeded.

## Important instructions

**Contains crustacean allergens.** Store the product cool, dry and out of reach of children. The intake of krill oil is not a substitute for varied nutrition and a healthy lifestyle. Children and pregnant women should consult their doctor before taking.

## Previous scientific evidence on the effect

- Improvement of brain function and nervous performance
- Strengthening joints and connective tissue
- Reduction of liver fat and improvement of bile flow
- Regulates blood lipids and supports heart and vessels
- Convenient for eye and vision acuity
- Anti-inflammatory effect and regeneration
- Protects against oxidative stress, especially by UV radiation

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