



User information for Neptune Krill Oil NKO™ - capsules - PZN: 13333619 -



The original Neptune Krill Oil NKOTM comes from the krill species **Euphausia superba** from the cold, clean waters of the Antarctic and is obtained from sustainable ECO-certified catch (1% of 500 million tons per year). It has the highest purity and bioavailability, is odorless and tasteless and is very well tolerated. All of this distinguishes SoluMed krill oil from fish oils.

Neptune Krill Oil from SoluMed does not contain any harmful additives, not even in the capsule shell. It is rich in omega 3 fatty acids with an omega 6 ratio of 12:1. In the usual diet it is usually the other way around, or even much higher (up to 1:50), although the optimum is 1:1 to max. 1:3. A lack of energy (catabolic) and a tendency to inflammation (anabolic) can result from such a discrepancy.

Oils and fats are the most important energy stores. Omega 3, 6 and 9 are differentiated among the unsaturated fatty acids. The most important representatives of the omega 3 oils are DHA (docosahexaenoic acid) and EPA (eicosapentaenoic acid). They influence the cell metabolism catabolically and sustainably support the function of the heart, brain (neurogenesis) and eyes. Omega 3 oils can also heal inflammation without suppressing the necessary healing reaction. This is favored 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 fish oils, it is also absorbed and processed much better by the body. Bile is not necessary for this and it can be brought into the blood immediately. The choline* it contains improves liver function and reduces fatty tissue, accelerates the flow of bile and thus detoxification, lowers the homocysteine level, regulates blood lipids and prevents atherosclerosis. It promotes methylation and is the basic material for the important neurotransmitter acetylcholine.

The astaxanthin it also contains is a carotenoid, a red color similar to lutein (tomatoes) or beta-carotene (carrots), but has a 10-fold more intense effect. It supports the immune system and, as an antioxidant, protects against UV stress much more than e.g. the vitamin E.

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

The importance of omega 3 fatty acids in the diet has now been confirmed in over 9,000 studies. However, due to its composition, krill oil outperforms the benefits of giving omega 3 oils alone, e.g. Fish oil, by far.

* Wikipedia: "Choline also acts as a lipotropic factor and can prevent fat from being stored in the liver. According to a scientific assessment by the European Food Safety Authority (EFSA), choline contributes to normal lipid metabolism and normal liver function and a normal metabolism of homocysteine. Corresponding health-related advertising claims are permissible for foods with sufficient choline content throughout the European Union according to Regulation (EC) No. 1924/2006 (Health Claims). "

SoluMed's **Original Neptune Krill Oil NKO™**

100% effective - 100% pure

1 capsule of 500 mg contains:

- | | |
|--------------------------------|---------|
| • Phospholipids | 225 mg |
| • Omega 3 fatty acids in total | 125 mg |
| • DHA (Decosahexaenoic acid) | 30 mg |
| • EPA (Eicosapentaenoic acid) | 67,5 mg |
| • Omega 6 fatty acids | 10 mg |
| • Omega 9 fatty acids | 40 mg |
| • Choline | 25 mg |
| • Astaxanthin | 0,18 mg |



Capsule composition:

pure beef gelatin, glycerol, water; free from pollution

Consumption amount:

We recommend 2x1 to 2x2 capsules daily for adults, each with meals, depending on body weight and size. This amount should not be exceeded.

Important instructions:

Contains crustacean allergens. Store the product in a cool, dry place out of the reach of children. The intake of krill oil is no substitute for a varied diet and a healthy lifestyle. Children and pregnant women should consult their doctor before use.

Previous scientific findings on the effect:

- Improvement of brain function and nerve performance
- Strengthening the joints and connective tissue
- Breakdown of liver fat and improve bile flow
- Regulates blood lipids and supports the heart and blood vessels
- Favorable for the function of the eyes and visual acuity
- Anti-inflammatory effect and promotion of regeneration
- Protects against oxidative stress, especially from UV radiation

Distribution: SoluMed - Münchener Straße 47 - D-82131 Gauting

Hotline: Tel. +49 / (0)89 / 895 57 963 - Fax: +49 / (0)89 / 895 57 964 - email: info@solumed.eu | www.solumed.eu



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