



Neptune Krill Oil

100% Pure NKO™ Antarctic Krill Oil
Omega-3 Bonded to Phospholipids

NutriDyn Neptune Krill Oil contains pure 100% Antarctic krill oil, which provides highly-absorbable, omega-3 fatty acids bound to phospholipids. The key omega-3 fatty acids—eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA)—have been shown to support cardiovascular function, joint health, and immunity.^{1,2} Neptune Krill Oil also includes choline and esterified astaxanthin to enhance the benefits of omega-3 phospholipid consumption.

How Neptune Krill Oil Works

Omega-3 fatty acids are a class of polyunsaturated fats that are essential for optimum health and longevity.¹ We must obtain omega-3s through diet and/or supplementation as the body can't make them on its own.

There are several types of Omega-3 fatty acids, but two of them, in particular, are crucial for optimum health—eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA)—which are rather abundant in marine food sources.¹ One of the other omega-3 fatty acids is alpha-linolenic acid (ALA), which appears to play a lesser role in humans.

Interestingly, research has shown that diets with a high amount of omega-6 fatty acids and a low amount of omega-3 fatty acids can promote inflammation.³ However, when omega-3 and omega-6 fatty acids are ingested in a proper ratio (as they are in Neptune Krill Oil), research suggests they can mitigate the production of proinflammatory cytokines (specifically interleukin-6 and tumor necrosis factor-alpha).⁴

Neptune Krill Oil is also a good source of the micronutrients choline and astaxanthin. Choline is used in the synthesis of specialized fat molecules in our bodies, called phospholipids. The most common of these is phosphatidylcholine, also known as lecithin, which is a critical component of human cell membranes.

Moreover, astaxanthin is a potent antioxidant that appears to reduce phospholipid oxidation and works synergistically with omega-3s to support healthy blood lipids.^{5,6}

Neptune Krill Oil Supplementation

EPA and DHA have myriad other essential roles in the human body. Benefits of Neptune Krill Oil may also include:^{7,8}

- Supports immune and cardiovascular function¹
- Helps cell membrane formation¹
- Supports antioxidant status in the body¹
- Support/insulation of organs¹
- Supports proper hormone signaling¹
- Supports energy production¹
- Supports healthy skin tissue¹



Form: 60 Softgels

Serving Size: 1 Softgel

Ingredients	Amount	%DV
Calories	5	
Calories From Fat	5	
Total Fat	0.5 mg	<1%*
Cholesterol	6 mg	2%*
Choline (from krill oil)	28 mg	5%
Phospholipids	248 mg	**
Total Omega-3 Fatty Acids	138 mg	**
EPA (Eicosapentaenoic acid)	74 mg	**
DHA (Docosahexaenoic acid)	33 mg	**
Esterified Astaxanthin	198 mcg	**

Other Ingredients:

Softgel (gelatin, glycerin, purified water, sorbitol, and ethyl vanillin).

Contains: Crustacean shellfish (krill).

NKO™ is a trademark of Aker BioMarine Antarctic AS.

Directions:

Take one softgel twice daily with food for one month, then one softgel daily thereafter as a dietary supplement, or as directed by your healthcare practitioner.

Caution: If you are pregnant, nursing, or taking medication, consult your healthcare practitioner before use. Keep out of reach of children.

Warning: If you have a seafood allergy, coagulopathy, or are taking anticoagulants, consult your healthcare practitioner before use.



GLUTEN-FREE



DAIRY-FREE



NON-GMO



PRODUCED IN A
cGMP FACILITY

* 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.

References:

1. Janice K. Kiecolt-Glaser, Martha A. Belury, Rebecca Andridge, William B. Malarkey, Ronald Glaser. Omega-3 supplementation lowers inflammation and anxiety in medical students: A randomized controlled trial. *Brain, Behavior, and Immunity*, 2011.
2. Kris-Etherton, P. M., Harris, W. S., & Appel, L. J. (2003). Fish consumption, fish oil, omega-3 fatty acids, and cardiovascular disease. *Arteriosclerosis, thrombosis, and vascular biology*, 23(2), e20-e30.
3. Simopoulos, A. P. (2002). The importance of the ratio of omega-6/omega-3 essential fatty acids. *Biomedicine & pharmacotherapy*, 56(8), 365-379.
4. Mayer, K., Meyer, S., Reinholz-Muhly, M., Maus, U., Merfels, M., Lohmeyer, J., ... & Seeger, W. (2003). Short-time infusion of fish oil-based lipid emulsions, approved for parenteral nutrition, reduces monocyte proinflammatory cytokine generation and adhesive interaction with endothelium in humans. *The Journal of Immunology*, 171(9), 4837-4843.
5. Yoshida H, Yanai H, Ito K, Tomono Y, Koikeda T, Tsukahara H, Tada N. Administration of natural astaxanthin increases serum HDL-cholesterol and adiponectin in subjects with mild hyperlipidemia. *Atherosclerosis*. 2010 Apr;209(2):520-3. Epub 2009 Oct 14.
6. Kiyotaka Nakagawa, et al. Antioxidant effect of astaxanthin on phospholipid peroxidation in human erythrocytes, *British Journal of Nutrition* (2011)
7. Ruxton, C. H. S., Reed, S. C., Simpson, M. J. A., & Millington, K. J. (2004). The health benefits of omega-3 polyunsaturated fatty acids: a review of the evidence. *Journal of Human Nutrition and Dietetics*, 17(5), 449-459.
8. Swanson, D., Block, R., & Mousa, S. A. (2012). Omega-3 fatty acids EPA and DHA: health benefits throughout life. *Advances in Nutrition: An International Review Journal*, 3(1), 1-7.