



TELOMEGA™
from Antarctica

A Case for
Krill Oil



PURITY AND BIOAVAILABILITY

Fish oil has been shown to be an essential supplement for a long time. However, krill oil is relatively new compared to the generic fish oil supplements in the market. It offers some unique benefits that cannot be found in most fish oils.

It all begins in Antarctica, the cleanest waters on earth. Within approved areas, we harvest the krill with custom-built krill harvesting vessels. To protect the environment, our krill *Eco-Harvesting®* technology eliminates the catching of species other than krill.

Krill are small crustaceans that are similar to shrimp. They are a superior source of EPA and DHA because the polyunsaturated fats are packaged as phospholipids, which means your body can use these essential fats immediately. Another feature unique to krill is the fact that they contain high levels of astaxanthin, a powerful antioxidant that has many health benefits in addition to what is found in fish oil alone.



Studies have shown astaxanthin helps lower blood pressure and lower cholesterol levels for cardio-vascular health and is a powerful antioxidant that supports your eyes and brain.

And while fish oil has been known to have anti-inflammatory properties. Studies have shown that even lower amounts of krill oil did a better job at reducing inflammation compared to the average fish oil dosage making krill even more effective at dealing with inflammation than other fish oil supplements.

Krill oil is preferred over other essential fatty acids such as fish oil because with krill you know exactly what you are getting. With many fish oils, there isn't much information on what type of fish and sea creatures were used. You know exactly what you are getting with krill oil and the capsules tend to be smaller than fish oil capsules for easier compliance with children and the elderly.

Krill offers unique benefits such as a smaller more efficacious dosage, antioxidants, and sustainable sourcing.

Here are six science-based health benefits of krill oil, and the evidence suggests that krill oil is a most effective source of omega-3 fats.



Krill Oil Significantly Improves Brain Function

The EPA in krill has been shown to have significant antidepressant effects. It has been shown that the anti-inflammatory effects associated with EPA are more focused on brain cells protecting the nervous system from inflammatory and oxidative damage. The DHA in krill is known to improve memory and thinking skills by regulating the processes of the prefrontal cortex. Wherever the neurochemical relays lack transmitters, the components of essential Omega-3 fats have the potential to fill the gaps and act as surrogate transmitters.



Improves Blood Lipids and Heart Health

Studies have found that krill oil, like other sources of omega-3 fats, may be effective at improving blood lipid levels and other risk factors for heart disease.

A recent review of seven studies concluded that krill oil is effective at lowering "bad" LDL cholesterol and triglycerides, while increasing "good" HDL cholesterol, as well as the proper function of the blood vessel lining.



Excellent Source of Healthy Fats for Immunity

It has been proven that Omega-3 fats have significant immune-related benefits including upregulation of innate immunity. Omega-3 is responsible for facilitating the white blood cells also known as B-cells to tackle any inborn issues that may become a problem for the body.

Due to the high involvement of Omega-3 fats in the cell structure, it has been recently proven that Omega-3 can also act as signal molecules by pointing immune cells in the right direction. This functions as a powerful characteristic in the prevention of autoimmune diseases by keeping unwarranted attention of immune cells away from healthy cells. In an immune cascade, the cells need to know the direction of the pathogen and the area most occupied by that pathogen, making it a perfect companion with TeloYouth as a signaling formula.



Reduces Inflammation and Joint Pain

Several animal and human studies have found that taking krill oil supplements help relieve joint pain, reduce the symptoms of stiffness, functional impairments, and the arthritic symptoms of inflammation in individuals with rheumatoid or osteoarthritis.

The inflammation-fighting omega-3 fats and antioxidant astaxanthin contained in krill oil was used in a study of 25 people with slightly raised blood fat levels. The study found that taking 1,000-mg supplements of krill oil daily improved an inflammation marker more effectively than a 2,000-mg daily supplement of purified omega-3s. Another study of 90 people with chronic inflammation found that taking 300 mg of krill oil daily was enough to reduce a marker of inflammation by up to 30% after just one month.



Improves Eye Health

The lubricating benefits of krill oil support eye health as it does throughout the body, seen in the skin and felt in the joints. Studies have also found the omega-3 fatty acids found in krill reduce dry eye symptoms in people who take the supplement. It appears that the essential fatty acids can improve the eye's oil film that is produced by small glands on the edge of the eyelid, called the meibomian glands. Also, the DHA in krill oil helps to preserve our overall vision. DHA is touted for its many health benefits, and vision protection is one of them!



Helps Manage PMS Symptoms and Reproductive Health

Healthy lipids found in krill oil play a key role in the production of the reproductive hormones that include progesterone, estrogen, and testosterone. These play key roles in the development of sexual characteristics and are needed as regulators for our immune system, metabolism, and reproductive health.

Several studies have found that taking omega-3 supplements can help decrease menstrual pain and other symptoms of premenstrual syndrome (PMS). It was found that women taking krill oil took significantly less pain medication than women taking ordinary fish oil. In some cases, enough to decrease the use of pain medication altogether.

It's Easy to Add to Your Routine



Krill oil is an excellent source of healthy fats. The omega-3 fats in krill oil may be easier to absorb than those in fish oil. Omega-3 is a polyunsaturated fatty acid that has been deemed essential for humans due to its association with regulatory processes. The two main components of Omega-3 are known eicosapentaenoic acid (EPA), and docosahexaenoic acid (DHA) along with choline and astaxanthin found in krill oil make for a powerful addition to anyone's health protocol.

Krill oil capsules tend to be smaller than fish oil capsules and are less likely to cause belching or a fishy aftertaste. Krill oil is also typically considered to be a more sustainable choice than fish oil, because krill are so abundant and reproduce quickly.

Those that want to replace their existing fish oil supplements with a better product should consider krill oil. The all-in-one advantage of krill oil delivering simultaneously omega-3 fatty acids, phospholipids, and choline gives it a unique advantage in the essential omega-3 market.



SUPPLEMENT FACTS

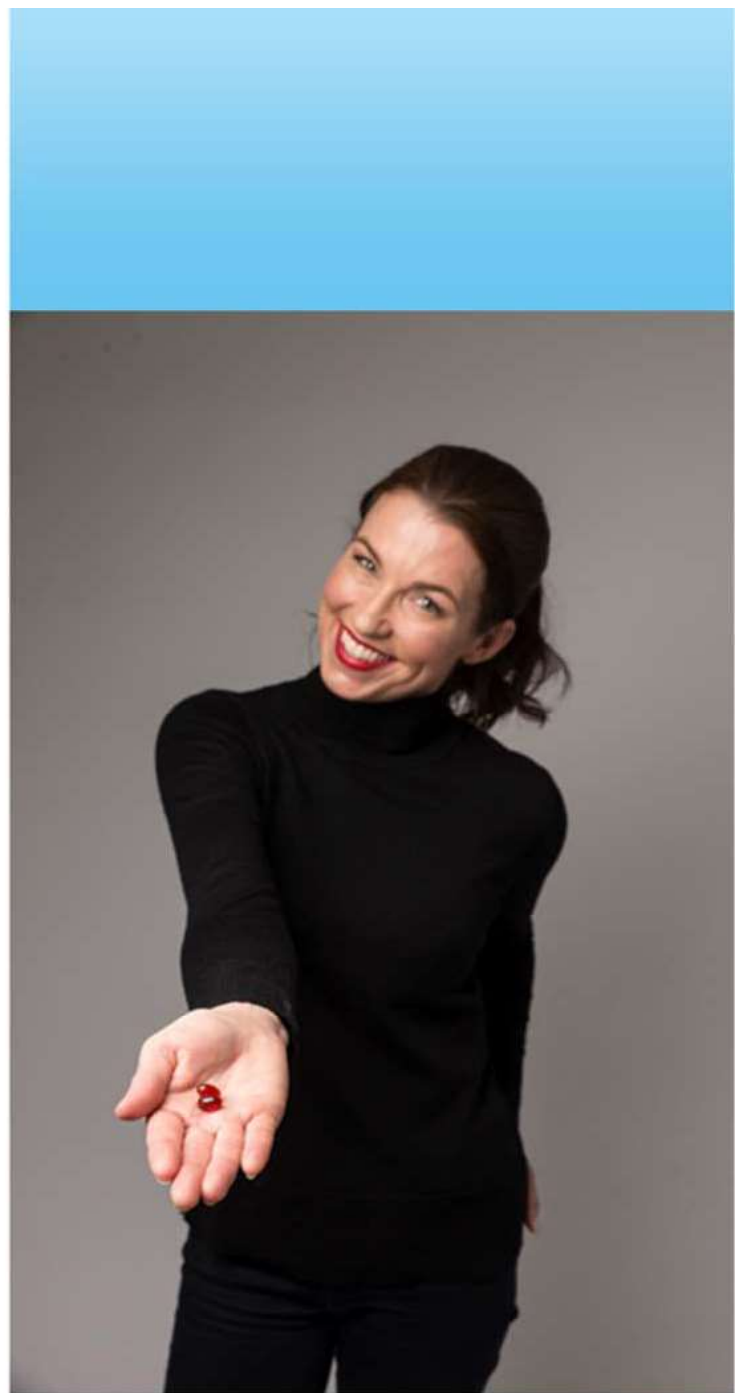
Serving Size 4 Softgels
Servings Per Container 30

	Amount Per Serving	% Daily Value
Calories	20	
Total Fat:	2g	2%*
Cholesterol:	20mg	6%
Krill Oil	2000mg	
Choline	100mg	18%*
Omega-3 Fatty Acids	500mg	+
EPA(eicosapentaenoic acid)	270mg	+
DHA(docosahexaenoic acid)	120mg	+
Phospholipids	900mg	+
Astaxanthin	720mcg	+

**HIGHEST CONCENTRATION OF OMEGAS AND
PHOSPHOLIPIDS PER SOFTGEL**

*Percent Daily Values are based on a 2000 calorie diet.

+Daily Value not established.



TELOMEGA™
Antarctic Krill Oil

