

## Neptune Krill Oil

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

### Neptune Krill Oil Supplementation

NutriDyn Neptune Krill Oil contains 100% pure 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.\*<sup>1,2</sup> Neptune Krill Oil also includes choline and esterified astaxanthin to enhance the benefits of omega-3 phospholipid consumption.

EPA and DHA have myriad other essential roles in the human body. Benefits of Neptune Krill Oil may also include:<sup>7,8</sup>

- Supports immune and cardiovascular function\*
- Helps cell membrane formation\*
- Supports antioxidant status in the body\*
- Supports insulation of organs\*
- Supports proper hormone signaling\*
- Supports energy production\*
- Supports healthy skin tissue\*

### How Neptune Krill Oil Works

Omega-3 fatty acids are a class of polyunsaturated fats that are essential for optimum health and longevity.\* 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, eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA), are particularly crucial for optimal health and are abundantly found in marine food sources.\* 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.<sup>3</sup> 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).<sup>4</sup>



## How Neptune Krill Oil Works Continued

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.<sup>5,6</sup>

# Supplement Facts

Serving Size: 1 Softgel  
Servings Per Container: 60

	Amount Per Serving	%DV*
Calories	5	
Calories From Fat	5	
Total Fat	0.5 g	<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).**

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**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.

**Warning:** Do not use if you have a seafood allergy, coagulopathy, or are taking anticoagulants.

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

### References:

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\* 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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