Asta-X-Krill™

The Ultimate Astaxanthin-Enhanced Omega 3

✓ Superior cardiovascular anti-inflammatory and antioxidant.
✓ Outshines fish oils and statins in lowering LDL and boosting HDL.
✓ Unique Omega-3 phospholipids deliver potent cell assimilation.
✓ Boosted Astaxanthin delivers elite muscle and powerful antioxidant protection.

NKO® is the only krill oil with clinically proven health benefits for cardiovascular, joint, cognitive and women’s health.

Most studied Astaxanthin in the world with over 40 clinical studies!
Superior to all other krill & fish oils!

NKO® Krill Oil is harvested and purified from Antarctic Krill (Euphausia pacifica) and has the highest naturally-occurring levels of Omega-3 phospholipids: EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid), and esterified Astaxanthin.

An 'X'-tra boost of Astaxanthin is added to our Asta-X-Krill™ formula making it superior to other krill and fish oils! The extra Astaxanthin is harvested from naturally-occurring microalgae (Haematoccus pluvialis) and it delivers the most powerful antioxidant protection and muscle stamina support we can find.

Asta-X-Krill™

- Delivery - Omega-3s and Astaxanthin from krill are attached to phospholipid molecules, a benefit unique to krill. This enhances transportation and accessibility across the cell membrane barrier.
- EPA & DHA - NKO® Krill Oil provides the best cell concentrations and the highest bioavailability.
- It's Brain Food - the phospholipid aspect enhances permeability of the Omega-3s and antioxidants across the blood-brain barrier.
- Stabilized - Potent antioxidant stability with naturally occurring and added astaxanthin.
- Astaxanthin - Provides superior antioxidant protection against singlet oxygen species, free radical damage and lipid peroxidation.
- USA Triathlon Team - Elite athletes use this for superior anti-inflammatory results and enhanced skeletal muscle stamina and endurance.

HIGHEST OMEGA-3 BIOAVAILABILITY

In 3 months, NKO® Krill oil reduced cholesterol by 13.6%, triglycerides by 11.5%, LDL by 33.9%, and increased HDL by 43.3%. No other Omega-3 or statin can increase HDL and lower LDL to this extent! Bunea R, El Farrah K, MSc, Deutsch L. Evaluation of the Effects of Neptune Krill Oil on the Clinical Course of Hyperlipidemia. Altern Med Rev 2004;9(4):420 - 428.
**NKO® Health Benefits**

**Joint Health** - Reduces chronic inflammation and arthritis. Reduces C-reactive protein by 31% in 30 days.

**Women’s Health** - Reduces physical and emotional PMS symptoms.

**Cardiovascular Health** - Anti-inflammatory effects, decreases cholesterol, and reduces blood sugar

**Cognitive Health** - Increases concentration and focus in adults with ADHD.

**Superior Antioxidant Potency**

Independent testing reveals the antioxidant power of NKO® to be:

- 300 times greater than vitamins A and E.
- 48 times greater than Omega-3 fish oil.
- 34 times greater than CoQ10.


Esterified astaxanthin provides superior antioxidant activity - to reduce oxidation, free radical damage and lipid peroxidation showing:

- 1000 times more effective than Vit. E in lipid peroxidation.

Mike, W., Biological functions and activities of animal carotenoids. Pure and Appl. Chem. 1991; 63: 141-148

- 500 times more effective than Vit. E against single oxygen molecules.


**Astaxanthin Health Benefits**

**Physical Endurance** - Boosts muscle endurance and recovery.

**Eye Health** - Reduces eye fatigue.

**Skin Health** - Reduces inflammation, wrinkles (UV induced), and risk of skin cancer.

**Gastric Health** - Reduces gastric symptoms, dyspepsia and inflammation.

**Cardiovascular Health** - Improves cardiovascular conditions, reduces hypertension and increases blood flow.

**Metabolic Health** - Improves Type II diabetes, increases lipid metabolism.

**REDUCES INFLAMMATION AND ARTHRITIC SYMPTOMS**

**Rapid Effect At Low Dose**

- Reduces inflammation (C-reactive protein) by 31% in 30 days.

- Increases concentration and focus in adults with ADHD.

**Osteoarthritis Symptom Improvements**

<table>
<thead>
<tr>
<th></th>
<th>7 days</th>
<th>14 days</th>
<th>30 days</th>
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</thead>
<tbody>
<tr>
<td><strong>Pain</strong></td>
<td>-29.5</td>
<td>-25.7</td>
<td>-30.9</td>
</tr>
<tr>
<td><strong>Stiffness</strong></td>
<td>-28.3</td>
<td>-25.7</td>
<td>-30.4</td>
</tr>
<tr>
<td><strong>Functional Impairment</strong></td>
<td>-29.8</td>
<td>-22.8</td>
<td>-29.5</td>
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**NKO® at 300mg/day significantly reduced inflammation (C-reactive protein) and alleviated symptoms caused by osteoarthritis.**

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The Ultimate Astaxanthin-Enhanced Omega-3

Asta-X-Krill Recommendations:
Health claims that have been awarded to NKO® krill oil from Health Canada:

Cardiovascular Health
• Helps maintain cardiovascular health - 2 caps daily.

Cholesterol Management
• Helps reduce the LDL cholesterol levels and increase HDL cholesterol levels (in conjunction with conventional statin therapy) - 2 caps daily.
• Helps reduce serum triglycerides/triacylglycerols (in conjunction with conventional statin therapy) - 4 caps daily.

Joint Health
• Helps reduce pain associated with osteoarthritis - 1 cap daily.
• Helps reduce blood C-reactive protein levels, a clinical marker of inflammation - 1 cap daily.

Women’s Health
• Helps relieve symptoms of dysmenorrhea and PMS - 4 caps daily.

Medicinal Ingredients:
Each gel cap contains:
Neptune Krill Oil (NKO®) (Euphausia pacifica) 500 mg
• Total Omega-3 fatty acids 150 mg
  • EPA (Eicosapentaenoic acid) 75 mg
  • DHA (Docosahexanoic acid) 45 mg
Haematococcus pluvialis (AstaREAL® L10*) 60 mg
*10% Astaxanthin, equivalent to 6 mg Astaxanthin

Non-medicinal Ingredients: Gelatin, glycine, water.

Recommended Dose (Adult):
Take 1 - 2 gel caps once a day (with food) or as directed by a health care practitioner.

Caution/Warnings:
Consult a health care practitioner if you are pregnant or breastfeeding, or if you have a problem of coagulopathy, or are taking anticoagulants or other medicine before taking this product.

Contraindications:
Individuals allergic to marine products (fish, crustaceans, mollusks and other seafood) should not take this product.

These statements have not been evaluated by Health Canada. This product is not intended to diagnose, treat, cure or prevent any disease.