A unique, enhanced revolutionary formula for the 21st Century!

**Toco-X-Krill**
Superior EVNol SupraBio® with added NKO® Krill Oil and Calamari Oil!

Dr. Oz proclaimed red palm oil (EVNol SupraBio® tocotrienols) is perhaps the “most miraculous find of 2013”.

The world’s ONLY high-assimilation functional blend of its kind!

A super antioxidant and anti-inflammatory with superior protection and repair for heart, brain, nerve, eye, joint, liver, cholesterol and skin!

- Enhance neural recovery from TIA/stroke damage
- Improve neural protection from stroke events
- Stabilize dementia/Alzheimer's decline
- Liver health, skin care, hair loss
- Cardiovascular CRP benefits/IDL & HDL results
- Ethically sourced from nature, certified GMO-Free!
- 13 human studies support the formulation
- Arterial elasticity benefits
- Not your old Vitamin E or fish oil

800-350-8003
www.biomedicine.com

Canada
1-888-415-0535
www.terra-medica.com

USA
1-888-415-0535
www.terra-medica.com
Toco–X–Krill is ideal for anyone… and essential for those over the age of 50!

As we get older our bodies may require higher dietary intake of antioxidants and Omega-3 (DHA & EPA). Supplemental intake has clinically proven beneficial effects for age-related conditions.

Proven Health Benefits For:

**Brain Health, Neuroprotection and Healthy Cognitive Function**
- Enhanced recovery of TIA/stroke-induced white matter lesions.
- Protect against stroke-induced brain injury.
- Stabilize/prevent cognitive decline: aging of the brain, Alzheimer’s, dementia, or adult ADHD.

**Cardiovascular Health**
- Lowers and maintains cholesterol (lowers total LDL cholesterol and triglycerides, increase HDL).
- Reduce risk of coronary heart disease and stroke (reduce platelet aggregation and blood clot formation).
- Reverse atherosclerotic blockages and arterial plaque formation (arterial stiffness).
- Lower hypertension and blood pressure.
- Reduce blood sugar.

**Joint Health**
- Improve joint flexibility.
- Reduce arthritic and osteoarthritic symptoms.
- Reduce chronic inflammation and C-reactive protein.

**Skin Nutrition/Skin Health/Hair Growth**
- Reduce scars and accelerate wound healing.
- Anti-aging, reduction in fine wrinkles.
- Protection from UV damage.
- Stimulation of hair growth.

**Liver Health**
- Normalize non-alcoholic fatty liver disease (NAFLD).
- Improve end-stage liver disease.

**Women’s Health**
- Reduce PMS symptoms and dysmenorrhea.

**Cancer Support**
- Inhibit breast, pancreatic and prostate cancer cells.
- Improves neuropathy side effects from chemotherapy.

**Eye Health**
- Prevent age-related macular degeneration.

Quality Matters!

- 40 - 60 times potent antioxidant activity with EVNol SupraBio® tocotrienols.
- 300 times greater than vitamins A and E, 48 times greater than Omega-3 fish oil, 34 times greater than CoQ10® with NKO® Krill Oil.

The type of Vitamin E you take is very important!

The eight different fat-soluble members of the Vitamin E family (four tocotrienols and four tocopherols in alpha, beta, gamma and delta forms) each possess unique biological and anti-oxidant functions. Tocotrienols differ from tocopherols with an unsaturated double-bonded ‘shortened’ tail, allowing for increased mobility within the cell membrane and 40 - 60 times greater antioxidant protection.

Superior Antioxidant Potency

Superior antioxidant protection provided by the unique molecular structure of tocotrienols and naturally occurring astaxanthin.

- 40 - 60 times potent antioxidant activity with EVNol SupraBio® tocotrienols.
- 300 times greater than vitamins A and E, 48 times greater than Omega-3 fish oil, 34 times greater than CoQ10® with NKO® Krill Oil.
**Ethically Sourced From Nature**

**EVNol SupraBio®**
- Certified 100% non-GMO, non-soy, Kosher and halal.
- Sustainably sourced red palm oil from Malaysia.
- Member of Roundtable of Sustainable Palm Oil (RSPO).

**NKO® Krill Oil**
- Strictly adhere to Antarctic krill sustainability catch limits as set by the Commission for the Conservation of Antarctic Marine Living Resources (CCAMLR).
- Awarded NSF International certification for adhering to environmental best practices under the Antarctic Treaty and CCAMLR.

**NKO® Krill Oil & Calamari Oil**
- Friends of the Sea (FOS) certification—guidelines for sustainability, energy efficiency, social accountability, non-GMO usage and respect for critical habitats.

**Clinically Proven**
Rigorously researched and strong scientific validation for proven safety and efficacy.

*Supported by human clinical studies:*
- **NKO®** is the only krill oil with clinically proven health benefits for joint, cardiovascular, cognitive and women’s health.
- **EVNol SupraBio®** has **13 published human clinical studies**. It is the only tocotrienol formulation with human tissue distribution data studies showing significant tocotrienol levels in the brain, heart, liver and adipose tissue.

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**Patented Delivery System**
Unique and cutting-edge technology for greatest absorption, bioavailability and antioxidant potency!

**EVNol SupraBio® self-emulsifying delivery system:**
- Rapid transportation into the blood for max therapeutic levels.
- 250% increased absorption of each individual tocotrienol.
- Enhances delivery to the heart, liver, skin, adipose, and brain.
- Increases absorption of NKO® Krill Oil and Calamari Oil (lipid soluble).

**NKO® Krill Oil** contains the highest naturally occurring levels of Omega-3 (DHA and EPA) phospholipids and antioxidants (astaxanthin, vitamins A and E) providing:
- 2.5 times higher bioavailability of EPA and DHA compared to conventional fish oils.
- Enhanced transportation of Omega-3s and antioxidants into cell membranes and across blood-brain barrier.

**Calamari oil** contains more Omega-3 on a gram-for-gram basis with 7 times more DHA than krill oil and 4 times more DHA than fish oil.

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**Cholesterol Benefits**

<table>
<thead>
<tr>
<th>EVNol SupraBio®</th>
<th><strong>Total Cholesterol</strong></th>
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<tbody>
<tr>
<td>50 mg/day for 1 month</td>
<td>-10.3%</td>
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<tr>
<td></td>
<td>-15.6%</td>
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<tr>
<td></td>
<td>-12.9%</td>
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<tr>
<td></td>
<td>maintained</td>
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</tbody>
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*In four weeks, EVNol SupraBio® d-mixed tocotrienol complex significantly reduced total cholesterol, LDL cholesterol and triglycerides while maintaining HDL cholesterol levels.*

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**Inflammation**
Effect on C-Reactive Protein

<table>
<thead>
<tr>
<th>Percent (% Change)</th>
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<tr>
<td>7 days</td>
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<tr>
<td>14 days</td>
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<tr>
<td>30 days</td>
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</tbody>
</table>

**NKO® at 300 mg/day significantly reduced inflammation (C-reactive protein) and alleviated symptoms caused by osteoarthritis.**

Toco-X-Krill™

Toco-X-Krill Recommendations

Cholesterol Management
- Maintain normal cholesterol levels - 2 caps daily.
- Help reduce cholesterol levels - 4 caps daily for 1 month, then 2 caps daily.
- Help reduce serum triglycerides/triacylglycerols (in conjunction with conventional statin therapy) - 8 caps daily.
- Help reduce cholesterol in hypercholesterolemic patients (in conjunction with conventional statin therapy) - 6 caps daily.

Heart Health
- Cardiovascular protection, maintain cardiovascular health - 1 - 4 caps daily.
- Improve blood circulation (reduce arterial stiffness, blood clotting and atherosclerosis) - 1- 4 caps daily.

Brain Health
- Healthy cognitive function (Alzheimer’s prevention) - 2 caps daily.
- Neuroprotection, brain protection (reduce risk of stroke) - 1 cap daily.

Joint Health
- Improve joint flexibility - 2 caps daily.
- Help reduce pain associated with osteoarthritis - 2 caps daily.
- Helps reduce blood C-reactive protein levels, a clinical marker of inflammation - 2 caps daily.

Hair and Skin Health
- Support healthy hair growth (stimulation of hair growth) - 2 caps daily.
- Skin health, skin nutrition and anti-aging - 1 cap daily.

Liver Health
Liver health (including normalize non-alcoholic fatty acid liver disease) - 2 caps daily.

Medicinal Ingredients: Each gel cap contains:

- **EVNol SupraBio®** 20% ........................................329 mg
- Total d-mixed Tocotrienol ........................................50.0 mg
  - d-alpha-Tocotrienol ........................................15.4 mg
  - d-beta-Tocotrienol ........................................2.9 mg
  - d-gamma-Tocotrienol ......................................23.0 mg
  - d-delta-Tocotrienol ....................................... 8.7 mg
d-alpha Tocopherol (Vitamin E) ................................13.7 mg

**Neptune Krill Oil (NKO®)** ...................................250 mg
- Total Omega-3 fatty acids ................................... 75 mg
  - EPA (Eicosapentaenoic acid) ..............................37.5 mg
  - DHA (Docosahexanoic acid) ..............................22.5 mg

**Calamari Oil** .........................................................66 mg

Dosage: Take 1 - 2 caps per day or as directed by a health care practitioner