

Krill-plex

Introduced 2004



What Is It?

Pure Encapsulations® Krill-plex is derived from Antarctic krill, a zooplankton crustacean offering a naturally unique balance of omega-3 and omega-6 fatty acids, phospholipids, and antioxidants, including vitamins A and E and astaxanthin. Specific to krill oil is an omega-phospholipid complex that is rich in eicosapentanoic acid (EPA) and docosahexanoic acid (DHA). Carefully preserved by a distinct cold extraction process, this novel structure consists of EPA and DHA as two fatty acid side chains on the phospholipid molecule. Additionally, an astaxanthin ester is attached to the EPA, providing an intricately bonded molecule that allows for direct delivery of these nutrients into the cell nucleus, and most importantly, the mitochondria. This unique highly bioavailable complex provides optimal support for menstrual comfort, cardiovascular function, and cognitive, joint and skin health.*

Uses For Krill-plex

Cognitive Support: Phosphatidylcholine, a key source of choline, combine with phosphatidylethanolamine and phosphatidylinositol to comprise the phospholipid profile. As the phospholipid-fatty acid profile closely resembles that of human brain phospholipids, this complex easily transverse the blood brain barrier, enriches brain neural tissue and potentially provides cognitive support.*

Menstrual Comfort: Research indicates that omega-3 fatty acids may provide menstruation-related emotional and physical support by helping to mediate healthy hormone, prostaglandin and neurotransmitter function. A double-blind, randomized clinical trial investigated the effects of women supplementing with krill oil at the beginning of their menstrual cycles. Reports suggest that krill oil provided statistically significant support for physical and emotional well-being and was well tolerated. Researchers also indicated that krill oil may be supportive of mental alertness, learning capacity and daily endurance.*

Cardiovascular Function: Krill oil provides an ideal essential fatty acid balance for healthy cardiovascular and platelet function, in part by maintaining healthy prostaglandin function. A prospective phase II randomized, double-blind, clinical trial suggested that krill oil helps support healthy lipid, triglyceride and glucose metabolism.*

Joint Function: A randomized, double-blind, placebo-controlled study involving 90 individuals suggested that krill oil supports joint comfort. Furthermore, results showed statistically significant support for joint flexibility and function.*

Skin Health: As an essential fatty acid, phospholipid and antioxidant complex, krill oil has unique skin health support potential. A randomized, controlled pre-clinical trial investigated the effects of krill oil on skin health and reported that it supports the body's natural defenses against the sun and environment.*

What Is The Source?

Krill oil is derived from Antarctic krill (shellfish), *Euphausia superba* and typically contains 100 iu vitamin A (all trans retinol) (naturally occurring), 0.5 iu vitamin E, and 56 mg choline (naturally occurring).

Recommendations

Pure Encapsulations® recommends 2 softgels daily with a meal, or as directed by a health professional.

Are There Any Potential Side Effects Or Precautions?

Theoretically, krill oil may have side effects similar to fish oils, including burping, gastrointestinal upset or indigestion, nausea, diarrhea or abdominal bloating. If pregnant or lactating, consult your physician before taking this product.

Are There Any Potential Drug Interactions?

Krill oil may be contraindicated with blood thinning medications. Consult your physician for more information.

(continued)

Krill-plex

two softgel capsules contain 12 sg

calories	5
calories from fat	5
total fat	0.5 g
cholesterol	10 mg
krill oil (shellfish).....	1,000 mg
providing:	
omega-3 fatty acids	300 mg
EPA	150 mg
DHA.....	90 mg
phospholipids	400 mg
astaxanthin.....	0.75 mg

other ingredients: gelatin capsule (gelatin, glycerin, water, sorbitol, ethyl vanillin)

Contains shellfish (krill)

2 softgels daily a meal, or as directed by a health professional.

 The krill oil in Krill-plex is NKO™, which is a registered trademark of Neptune Technologies & Bioresources, Inc.