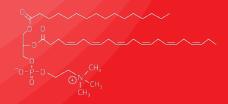
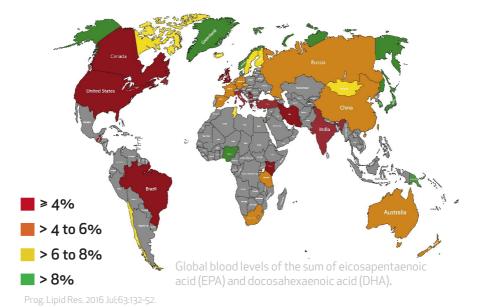
# **SUPERBAKrill**™



A superior source of omega-3

#### **Omega-3 levels around the world**

A study published in the May 2016 issue of *Progress in Lipid Research* mapped the Omega-3 Index status of the world's population. Omega-3 levels are variable across the globe, with most of the countries and regions of the world having levels that are considered low to very low. This may increase global risk for chronic disease.<sup>1</sup>



### Omega-3 levels can be tested

A person's omega-3 levels can be measured by using a tool called the Omega-3 Index. The Omega-3 Index offers insight into a person's general state of well-being based on the amount of omega-3s EPA and DHA in their blood.



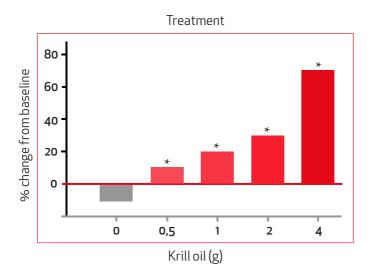
An omega-3 index of 8% or above is considered optimal, while a low Omega-3 Index indicates a higher risk of sudden cardiac death<sup>2</sup>.



## Superba™ Krill is a proven & effective source

% increase in the Omega-3 Index from baseline after 12 weeks treatment with placebo (olive oil), 0.5, 1, 2 or 4 g krill oil.

\*Significantly different from placebo, P<0.05.



Aker BioMarine has explored how Superba<sup>TM</sup> Krill impacts the Omega-3 Index in a number of large clinical studies. The studies demonstrate that with just 500mg Superba<sup>TM</sup> Krill Oil per day, the Omega-3 Index increases significantly. A 2014 study published in *Nutrition Research* showed that in the group taking the highest amount of Superba<sup>TM</sup> Krill Oil, the Omega-3 Index increased 70%<sup>3</sup>.







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- 1. Ken D. Stark et al. Global survey of the omega-3 fatty acids, docosahexaenoic acid and eicosapentaenoic acid in the blood stream of healthy adults. Volume 63, July 2016, Pages 132–152
- 2. Harris WS. The omega-3 index as a risk factor for coronary heart disease . American Journal of Clinical Nutrition. 2008; June; 87(6): 1997-2002.
- 3. Berge K. et al. Krill oil supplementation lowers serum triglycerides without increasing low-density lipoprotein cholesterol in adults with borderline high or high triglyceride levels. Nutrition Research 2014, 34: 126-133