

## NATURAL FORMULAS

### PRODUCT INFORMATION

**Product Name:**

Krill-Plex

**Galenic Form:**

Bovine-derived softgels

**Format:**

60 softgels

**Ingredients:**

Each softgel contains:

Krill (*Euphausia superba*) oil ..... 500 mg

providing:

Eicosapentaenoic acid (EPA).....65 mg

Docosahexaenoic acid (DHA).....37.5 mg

Fish (Anchovy, sardine) oil ..... 500 mg

providing:

Eicosapentaenoic acid (EPA)..... 200 mg

Docosahexaenoic acid (DHA).....100 mg

**Non-medicinal ingredients:**

Gelatin, glycerin.

This product does not contain corn, dairy, egg, gluten or artificial colours, flavours or preservatives.

**Formula Rationale:**

*RxBalance™ Krill-Plex* is an exceptional product that supports cardiovascular health and helps maintain healthy brain function. The blend of krill oil with fish oil provides the consumer with the best the ocean has to offer. The oils are extracted by molecular distillation to achieve purity and absolute safety, and also to minimize fish odour. The krill and fish oils are GMO-free, and the fish oil is from sardines and anchovies—small, young species that are plentiful and not at risk of being overfished. Furthermore, Krill-Plex is independently tested to be free of contaminants such as mercury, lead, dioxins, and furans.

Krill are shrimp-like crustaceans that feed mainly on phytoplankton at the bottom of the ocean. Krill oil is becoming popular because, in addition to omega-3 fatty acids, it contains an antioxidant called astaxanthin, a bright red pigment produced by the algae that the krill feed on, which also gives them and other crustaceans such as lobster and shrimp their reddish-pink colour. Antioxidants protect the body from damage from free radicals, a cause of many chronic diseases, and astaxanthin, unlike many other antioxidants, crosses the blood-brain barrier, where it could theoretically protect the eyes, brain, and central nervous system from free radical damage.

A study published in the journal *Alternative Medicine Review* in 2004 concluded that krill oil was effective for the management of hyperlipidemia by significantly reducing total cholesterol, LDL, and triglycerides, and increasing HDL levels.

The fish oil in *Rx Balance™ Krill-Plex* contains EPA and DHA at approximately a 2:1 ratio, respectively. Eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) are omega-3 fatty acids that are found in the body oils of cold-water fish and marine mammals. The human body does not manufacture omega-3 fatty acids; they must be obtained from our diet.

Omega-3 fatty acids protect the cardiovascular system by helping to balance cholesterol, decrease serum triglycerides, and reduce blood pressure. In addition, they prevent blood platelets from clotting and sticking to artery walls, thereby allowing blood to flow smoothly through the vessels. EPA and DHA also help to reduce inflammatory processes that can adversely affect cardiovascular health. An Italian study reported in the *The Lancet* in 1999 and the journal *Circulation* in 2002 found that supplemental omega-3 fatty acids were beneficial to individuals with coronary heart disease (CHD), reducing total mortality and the risk of sudden death in those taking supplemental EPA and DHA for 3.5 years, with a significant decrease in total mortality after only 3 months, and a significant decrease in sudden death after 4 months.

Omega-3 fatty acids are also important for parts of the brain used for memory, learning, and reasoning. When omega-3 fatty acids are not consumed in sufficient amounts, these functions may be impaired. There is also evidence that increasing omega-3 levels reduces the severity of ADHD-type behaviour, such as inattention, in children and adolescents.

**Primary indication(s):**

To support cardiovascular health. To support cognitive health and brain function.

**Recommended dosage:**

Adults: Take 2 softgels daily.

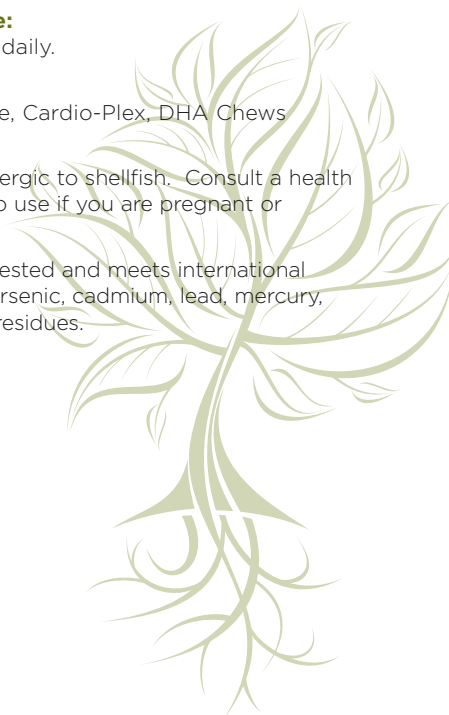
**Complements:**

Magnesium Bisglycinate, Cardio-Plex, DHA Chews

**Caution:**

Do not use if you are allergic to shellfish. Consult a health care practitioner prior to use if you are pregnant or breastfeeding.

This product has been tested and meets international standards for levels of arsenic, cadmium, lead, mercury, pesticides, and solvent residues.



### Dr. Crisafi's comments:

It has been estimated that the ratio of omega-6 to omega-3 fatty acids in the diet of early humans was 1:1, but the ratio in the typical Western diet is now more than 15:1 because of increased use of vegetable oils rich in omega-6 fatty acids and declining fish consumption. This situation has been an important factor in the rise of cardiovascular disease, as well as increased inflammatory processes, which are also associated with autoimmune disorders.

Unfortunately, our major source of omega-3 fatty acids, fish, can be contaminated with PCBs and mercury, making it less than ideal for preventative or therapeutic use. *Rx Balance™ Krill-Plex* addresses this problem by offering a high-quality source of omega-3 fatty acids, while avoiding mercury contamination.

For centuries, fish has been considered "brain food" in many cultures around the world, and in fact, EPA and DHA are essential for cognitive health and brain function. In addition, these fatty acids play an important role in certain behavioural problems, such as ADHD, and research shows that supplemental omega-3s improve symptoms in schizophrenia as well as in bipolar disorder. Some effects seem to have been demonstrated for Alzheimer's disease as well, but these are less conclusive.

### Selected References

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