

Supports cardiovascular health and helps maintain healthy brain function

RxBalance™ Krill-Plex is an exceptional blend of krill oil and fish oil that provides an ideal 2:1 ratio of EPA and DHA fatty acids and antioxidants that support the cardiovascular system as well as cognitive health and brain function.

Ingredients: Medicinal

Each softgel contains:

Krill (<i>Euphausia superba</i>) 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

Ingredients: Non-medicinal

Gelatin, glycerin.

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

Recommended Use

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

Recommended Dose

Adults take 2 softgels daily.

Risk Information

Pregnant or nursing women, diabetics, and those with uncontrolled hypertension or a bleeding disorder should consult a health care practitioner before use. People with allergies to seafood should not use this product.

Interactions with Drugs/Supplements

Consult a health care practitioner before using if you are taking any anticoagulant medications (including Aspirin) or NSAIDs.

Dosage Form Description

Softgel

Packaging

Available in bottles of 60 softgels.

Stability

Shelf life of 3 years when stored in a cool, dry place.

Ingredient Description

Rx Balance™ Krill-Plex is an exceptional blend of krill oil and fish oil, which are extracted by molecular distillation to achieve purity and absolute safety, and also to minimize fish odour. These 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.

Krill oil, in addition to omega-3 fatty acids, contains an antioxidant called astaxanthin, which, 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.

The **fish oil** in this formula contains eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) at the ideal ratio of approximately 2:1, respectively.

Reason for Combination

The omega-3 fatty acids eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) are essential for cardiovascular and brain health, but they are not manufactured by the body and must be obtained from our diet. The krill oil in this formula come from a shrimp-like crustacean called krill that feeds mainly on phytoplankton at the bottom of the ocean. In addition to omega-3 fatty acids, krill oil 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. The omega-3 fatty acids in the krill oil and fish oil 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. 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. EPA and DHA are essential for cognitive health and brain function.

Research Synopsis

1. 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 cholesterol, and triglycerides and increasing HDL cholesterol levels. In the study, 120 people were given krill oil, fish oil, or a placebo. Krill oil reduced LDL cholesterol by 34% and increased HDL cholesterol by 43.5% compared to the placebo, whereas fish oil reduced LDL cholesterol by 4.6% and increased HDL cholesterol by 4.2%. Krill also lowered triglycerides.²
2. An Italian study reported in *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.^{5,7}
3. A study reported in the *British Journal of Psychiatry* in 2006 concluded that EPA is an effective and well-tolerated intervention for bipolar depression. In this 12-week, double-blind study, individuals with bipolar depression experienced significant improvement with EPA treatment compared with placebo.⁴
4. A CARDIA study reported in the *European Journal of Clinical Nutrition* in 2004 concluded that a high dietary intake of DHA and the consumption of fish rich in omega-3 fatty acids may be related to lower likelihood of high hostility in young adulthood.⁶
5. A randomized, controlled trial of dietary supplementation with omega-3 fatty acids compared with placebo was conducted with 117 children with developmental coordination disorder (DCD) (5 to 12 years of age). The study, reported in *Pediatrics* in 2005, found significant improvements with the supplement treatment versus placebo in reading, spelling, and behaviour.⁹

References

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