The Krill Craze

22 Reasons You Should Trash the Omega-3 Supplement You’re Taking and Take This Instead...
THE KRILL CRAZE

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Introduction

Omega-3 is an essential nutrient for good health. It’s in every cell in your bodies, and yet the human body lacks the ability to synthesize Omega-3. To get what you need, you have to take in Omega-3 every day. If you don’t, you can end up with a deficiency. Omega-3 deficiency can lead to serious health problems, including:

- Mental health issues including depression, anxiety, schizophrenia, postpartum depression, and bipolar disorder, all of which have been linked to low levels of Omega-3
- Memory loss and dementia
- Changes to the appearance of skin, including dry skin, oily patches, rashes, bumps, and dandruff
- Other physical changes, including dry, brittle hair and brittle fingernails

Omega-3 helps improve heart health, too, so a deficiency may lead to an increased chance of heart disease.

Omega-3 Supplements Available

Many of the Omega-3 supplements available come from fish oil, while others are made from vegetable sources of Omega-3, including flaxseeds, chia, and hemp. Animal sources contain two types of Omega-3, EPA and DHA. Plant sources contain ALA, which the body can convert into EPA and DHA – but at very low levels. The
majority of the health benefits of Omega-3 come from EPA and DHA, which means that plant-based supplements – while not bad for you – do not provide the same health boost that you would get from taking an animal-based form of Omega-3. The healthiest form of Omega-3 to take comes from krill.

**What Is Krill?**

Krill is the name for the small crustaceans – also sometimes called plankton – that are the primary food source for many large marine animals, most notably baleen whales such as humpbacks.

While an individual krill is very small, the fact is that krill are the largest biomass on the planet. That means that krill oil is a highly sustainable form of Omega-3. Krill harvesting is carefully regulated to ensure that the biomass is not depleted and is available as a food source for the animals who need it. The best location for harvesting krill is in the Antarctic Ocean, where the population is very high.

Unlike fish, krill is not susceptible to contamination with mercury or the other heavy metals that make eating certain fish such a health risk.

**How Does Krill Differ from Other Omega-3 Supplements?**

Krill differs from other Omega-3 supplements in some important ways. First, it provides EPA and DHA in a structure that is different from other sources of Omega-3, which makes it easier for your body to absorb and use. It is also a good source of other essential micronutrients, including Vitamins A, D, and E.

Krill oil is also more durable than fish-based Omega-3, and thus safer to take both for your body and for the planet.

Krill oil is readily available, highly sustainable, and provides your body with the best possible form of Omega-3 to ensure that you get all of the health benefits of taking it.

Now let’s look at the 22 reasons why you should ditch your current Omega-3 supplement and start taking krill oil today.
Why Krill Oil Has a Longer Shelf-Life Than Other Omega-3 Supplements

Omega-3 is not the only micronutrient that you can get from taking krill oil. As mentioned before, it also contains Vitamin A, Vitamin D, and Vitamin E, as well as powerful antioxidants called canthaxanthin and astaxanthin.

One of the downsides of taking Omega-3 made from fish oil is that it is highly perishable. It loses potency over time. The antioxidant content in krill protects the oil itself against a kind of damage known as oxidative stress.

Oxidative stress is damage caused when a cell is exposed to oxygen, similar to what happens when you cut open an apple and it turns brown. Oxidative stress turns cells into free radicals – cells that are missing an electron. In the absence of antioxidants, oxidative damage can turn into a chain reaction. Antioxidants protect cells by loaning an electron to the damaged cell, thus stopping the damage in its tracks.

The presence of antioxidants in krill oil means that the oil stays potent for far longer than traditional fish oil supplements.

Why Krill Oil Is 48 Times More Potent Than Other Omega-3 Supplements

A 2010 study made a comparison between traditional fish oil Omega-3 supplements and krill oil supplements. 113 participants in the study were given fish oil, krill oil, or a placebo.

What the study found is that the EPA and DHA in krill oil is more available for the body to use than the EPA and DHA in fish oil. That means that, while krill oil actually had a lower density of EPA and DHA than fish oil, the people who took it received greater benefits than those who took a comparable amount of fish oil. In fact, krill oil is 48 times more potent than fish oil.

Your body can absorb krill oil more readily than it can fish oil, and that means that you can get the same benefits while taking a lower dose.
Can Your Body Use Krill Oil More Easily Than Fish Oil?

The Omega-3 contained in plant-based supplements and fish-based supplements is not in a form that your body can use immediately. As mentioned previously, plant-based Omega-3 contains APA, a form of Omega-3 that your body must transform into the two essential kinds of Omega-3 that your body needs, EPA and DHA.

Your body can convert APA into usable forms of Omega-3, but it does not make that transformation at very high levels. In practical terms, that means that while a plant-based Omega-3 supplement might contain the same total Omega-3 as a krill supplement, your body does not get the full dosage indicated by the label. In fact, it gets only a small percentage of the dosage on the bottle.

On the other hand, when you take krill oil you can be sure that you are getting all of the Omega-3 you need.

Is Krill Subject to Mercury Contamination?

Mercury contamination in fish is a huge problem. Years of burning coal to make electricity have led to near-universal contamination of the lakes, ponds, streams, and other internal waterways in the United States. The same is true of our oceans. Large, predatory fish such as sharks, tuna, and mackerel, tend to have very high levels of mercury – sometimes as high as 10,000 times the level in the water they live in.

Mercury poisoning has been linked to a variety of health problems, including fertility issues, memory loss, cerebral palsy, learning disabilities, and developmental problems in developing fetuses and young children.

A 2009 study found that nearly all of the fish living in streams in the US were contaminated with mercury, with more than a quarter of those containing mercury at levels that were unsafe for human consumption.

Because the majority of krill is harvested in the Antarctic, and because krill are not major predators who eat other fish, krill are not subject to contamination with mercury and other heavy metals. That means that they are a far safer alternative than Omega-3 that is made with fish oil.
Is Krill A Sustainable Source of Omega-3?

Overfishing is a serious problem, and it means that we are in real danger of losing certain species of fish to extinction – or at the very least, losing them as a source of food. Krill, on the other hand, is the world's largest biomass. What that means is that if you weighed all of the krill on the planet, they would outweigh every other species, including humans.

The average biomass of Antarctic krill is about 420 million tons. The practice of harvesting krill there is strictly regulated, using precautionary limits that are regularly re-assessed to ensure that overharvesting is not a problem. The reason it is so highly regulated is that many large sea creatures, including baleen whales, rely on krill as a food source. Krill reproduce at a rapid rate, with hundreds of millions of tons of new krill appearing every year.

Only about 12% of the annual krill harvest is used for human consumption. The remainder is used for sport fishing bait and agriculture. Krill harvesting is regulated by a multi-national organization called the Commission for the Conservation of Antarctic Marine Living Resources (CCAMLR). The total krill harvested between 1990 and 2008 was less than 10 million tons. When you compare that to the total biomass of krill, it means that there is 4,000 times as much krill as we are harvesting. We are in no danger of running out of krill anytime soon.

What Do the Phospholipids in Krill Oil Do?

Krill oil contains a kind of fat known as a phospholipid – basically a fat molecule that contains phosphorus. The reason phospholipids are important is that they are in a form that already exists in your cells.

What that means in practical terms is that when you take krill oil, you are getting Omega-3 in a form that your body can use immediately. It does not need to undergo any transformation or processing to be absorbed into your body – unlike the Omega-3 that is found in plant-based and fish-based supplements.

The presence of phospholipids means that the Omega-3 in krill oil can very easily cross your blood-brain barrier, giving you all of the mental health and brain benefits of Omega-3 without having to wait for your body to turn them into a form that is usable.

Supplement Facts

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<th>Serving Size: 500mg softgels</th>
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<td>Superba Krill Oil</td>
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<td>Omega-3 fatty Acids</td>
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<td>Eicosapentaenoic Acid (EPA)</td>
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*Daily Values Not Established

Other Ingredients: Gelatin, Glycerin, Sorbitol, Water and Vanillin

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**What Effect Does Krill Oil Have on HDL Cholesterol?**

Maintaining a high level of high-density lipoproteins (HDL) is very important for good cardiovascular health. HDL is known as the good kind of cholesterol, and your body needs it.

What does this have to do with krill? Phospholipids are a form of HDL. Maintaining a healthy level of HDL is important, and taking a krill supplement can increase your levels of HDL.

When you have enough HDL in your body, you reduce your risk of serious cardiovascular disease, including heart attacks. People who have a deficiency of HDL are far more prone to memory problems and other issues with brain function than those who have enough HDL.

HDL alone is not enough to improve heart and brain function, but it is an important component of health. Taking krill is a very good way to ensure that you get sufficient HDL.

**Can Taking Krill Oil Lower “Bad” Cholesterol?**

Increasing your rates of HDL cholesterol is important, but it is not the only way in which taking a krill oil supplement can help to improve your cholesterol. Just as important as increasing your HDL cholesterol is lowering your low-density lipoproteins, or LDL cholesterol.

The difference between fish-based Omega-3 and krill oil is a profound one. A Canadian study found that participants who were given only one gram of krill oil experienced a greater reduction in LDL cholesterol than people who were given three grams of fish oil.

The theory behind krill oil’s potency is that its unique structure, including the presence of phospholipids, makes it better able to reduce LDL than regular fish oil. Reducing your levels of LDL and your overall cholesterol is very important for good cardiovascular health.
Can Krill Oil Help Your Liver?

Your heart isn't the only place that fat can build up in your body due to metabolic syndrome or obesity. Your liver is your body's primary organ for detoxification. It is responsible for filtering through everything you consume and removing those substances that are harmful to you. When your liver does not function well, dangerous levels of toxins can build up in your body, leading to significant problems on a number of levels. Some of the things that fatty liver can lead to include metabolic syndrome, insulin resistance, and diabetes.

It is normal to have some fat in your liver, but if more than 10% of your liver is fat it can – if left untreated – lead to cirrhosis. While fatty liver is often not something that causes symptoms, in serious cases, people may experience symptoms such as lack of appetite, weight loss, abdominal pain, physical weakness, and confusion.

In addition to lowering fat in the heart, taking krill oil supplements has also been shown to reduce the amount of fat in the liver. One study compared the effects of krill oil with the effects of fish oil on fat buildup in the liver. It found that krill oil reduced liver fat by 60%, while fish oil reduced it only by 38%. One theory about why krill oil is so effective is that it contains long-chain polyunsaturated fatty acids (LCPUFAs) that are particularly effective at helping to remove excess fat.
**How Krill Oil Prevents Type 2 Diabetes**

Type 2 diabetes has become increasingly more common in recent years, rising to epidemic proportions in the United States and other countries. It is directly linked to the obesity problem and other health issues. Diabetes has been tied to other serious health problems, including cardiovascular disease, nerve damage, blindness, and premature death.

Simply put, diabetes is insulin resistance. Insulin is the hormone your body releases when you consume carbohydrates, which the digestive process puts into your bloodstream as glucose. Consuming high levels of carbohydrates, especially refined sugars, can make your body resistant to insulin, which moves glucose from your bloodstream to the organs that need it as an energy source.

The benefit of taking krill oil is that it has been shown to increase the uptake of glucose by the liver. It is important not to overtax your body’s detoxification organs, including the kidneys and liver. Diabetes can have a profound effect on the health of your kidneys, and it is not uncommon for people with diabetes to require dialysis or kidney transplantation in serious cases.

The bottom line is that krill oil can help your body do a better job of metabolizing glucose, and that can lead to a reduced risk of hyperglycemia and diabetes.

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**Will Taking Krill Oil Improve Your Memory?**

One of the most difficult things about getting older is the fact that we can end up experiencing significant memory loss or even dementia as we age. Protecting the brain and its function is extremely important, as brain health has a huge impact on quality of life.

Numerous studies over the years have shown that sufficient Omega-3 intake is essential for healthy brain function. However, some recent studies have shown that krill oil is more effective in terms of promoting brain health and protecting memory than either fish oil or plant-based Omega-3.

A recent study looked at the effect of krill oil on memory, and found that it made a significant difference. The participants in the study were given a krill oil supplement for six months. Their memories were tested before the study, and after taking krill oil. What the study found was that there was a significant improvement in their memory after taking krill oil. On average, their memory and learning skills were the equivalent of people three years younger. That might not seem like a lot, but significant memory decline can happen in three years.

Other studies have looked at the effects of krill on memory, and the results are promising. The majority of your brain tissue is made up of fats, or lipids, and Omega-3 – particularly the DHA found in krill – appears to be particularly effective at protecting and nourishing the brain.
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Any memory loss can be a distressing and debilitating thing, but Alzheimer’s disease is the most aggressive form of dementia. It affects approximately 44 million people worldwide according to Alzheimer’s Disease International. In the United States alone, Alzheimer’s disease costs more than 200 billion dollars annually. As life expectancies increase, the incidence of Alzheimer’s disease increases too.

Krill oil has been studied in a variety of ways in relation to Alzheimer’s, and the results are promising. For example, a 2010 study showed that adults who had high levels of Omega-3 in their bloodstreams were 33% less likely to develop Alzheimer’s, and 38% less likely to develop any form of dementia, than people who had low levels of Omega-3.

One reason that krill is so effective at preventing Alzheimer’s is that it contains a highly available form of DHA, which your body converts into a kind of fat known as neuroprotectins. Neuroprotectins are a component of myelin, which protects your neurons from damage. Alzheimer’s disease is associated with a reduction in the amount of myelin in the brain. Incidentally, myelin also plays an important role in the development of vision and cognitive function in babies.

Another study from 2010 found that the neuroprotectins derived from DHA also promoted good overall brain health, and strong neuro-signaling.
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Can Krill Fight Mental Illness?

Given what we have already discussed about krill and brain health, it is perhaps not surprising that some studies indicate that the Omega-3 found in krill may be able to help prevent serious brain diseases such as schizophrenia. A 2010 study revealed that taking krill oil supplements for a 12-week period reduced the risk of psychosis in patients who were at a high risk for developing it for up to a year. Anti-psychotic medications must be taken continually to be effective, but the benefits of krill oil supplementation lingered for months after supplementation stopped.

Likewise, a 1999 study – one of the first to look at the effect that krill supplementation could have on mental illness – found that people who had bipolar disorder were benefited when they took krill oil as a supplement.

More recently, a 2015 study decided to explore the long-term benefits of krill oil supplementation. What it found was that a 12-week supplementation actually continued to delay the onset of psychosis for a period of up to seven years, with only 10% of the study participants transitioning to psychosis during the study period. By contrast, 40% of the control group developed psychosis.

This research is exciting because antipsychotic drugs are dangerous in a number of ways, including their propensity to produce serious and debilitating side effects. Krill oil supplementation may have the ability to do a better job of protecting the brain than those medications.

Will Taking Krill Oil Help Prevent Depression?

Depression is one of the most common mental illnesses, affecting approximately one quarter of all adults in the United States at some point during their lifetimes. Untreated, depression can develop into other serious mental disorders, and can also lead to suicidal ideation and suicide. While the use of antidepressant medications is high, there is some reason to believe that supplementation with krill oil may be a safe and effective alternative.

Low levels of EPA and DHA in the blood have been connected to mood swings, cognitive decline, and depression. People with high levels of Omega-3 are less likely to develop depression than those who have a sufficient amount.

A 2010 study in Italy looked at the effects of krill oil supplementation on a group of elderly woman with depression. What it found was that the study group experienced a significant reduction in depression as measured by the Geriatric Depression Scale (GDS) when compared to the control group. The improvement was attributed to the long-chain polyunsaturated fatty acids (LCPUFAs) in the Omega-3 they were given.
Inflammation is part of your body’s natural response to disease and infection. Without the inflammatory response, your immune system would be impaired and you would be vulnerable to all kinds of health problems as a result.

However, too much inflammation is not good for your body. It has been linked to significant health issues, and is thought to be at the root of all autoimmune disease, including rheumatoid arthritis and Crohn’s Disease.

Fatty acids such as the Omega-3 found in krill oil produce important anti-inflammatory compounds called resolvins and protectins, which help to stop inflammation before it can do significant damage to your tissues. It stands to reason, then, that supplementing with krill oil might be able to help reduce the body’s inflammatory response.

A 2007 study looked at a group of patients with a variety of inflammatory disease, including cardiovascular disease, rheumatoid arthritis, and osteoarthritis. Prior to the start of the study, all patients were tested for C-reactive protein (CRP), a protein produced by the liver in response to inflammation.

What the study found was that after only 7 days of supplementation, the study group’s level of CRP had dropped by an average of 19%. It also reduced pain scores by 28.9%. After 14 days, the level of CRP had dropped by over 29%. Clearly, krill oil supplementation had a profound effect on the level of inflammation experienced by the study group.
Can Taking Krill Relieve Arthritis Pain?

Given the fact that krill can help to reduce inflammation in a significant way, it is not surprising that it can also help ease the pain and discomfort associated with different forms of arthritis, including rheumatoid arthritis.

Rheumatoid arthritis is an autoimmune disorder that causes inflammation in the joints and connective tissues. It is still unclear what causes rheumatoid arthritis, and there is no cure. However, reducing inflammation is a good way to alleviate pain and give some relief to the people who have it.

In addition to the previous study cited, a 2005 study also showed that krill oil supplementation was effective at reducing the inflammation associated with both rheumatoid arthritis and osteoarthritis. A 2010 study in Switzerland compared the effects of krill oil and standard fish oil supplementation on a group of mice with arthritis. What it found is that krill oil supplementation greatly reduced the arthritic symptoms. Fish oil had a positive effect too, but not as profound as the effect produced by krill oil.

In general, krill oil supplementation can take as long as several weeks to be effective as a remedy for arthritic pain and stiffness. However, multiple studies have shown that ongoing supplementation is very effective in terms of alleviating pain and discomfort in arthritis patients.

Why Krill Oil Is Cancer’s Enemy

Cancer remains one of the leading causes of death worldwide. Cancer treatments are painful and often produce symptoms that are worse than the disease, including nausea, weakness, weight loss, and hair loss. Likewise, treatments such as chemotherapy and radiation do little to help with the pain associated with cancer.

There is evidence to suggest that krill oil supplementation can help reduce the risk of getting certain types of cancer. For example, breast cancer is one of the leading causes of death in women. While research into the connection between krill supplementation and reduced breast cancer risk is still in its early stages, there is reason to be optimistic. Krill reduces inflammation and may also help to impede the growth of breast cancer cells.

Another type of cancer that you may be able to prevent by taking krill oil is colon cancer. A 2008 study examined the effect of krill oil supplementation on various diseases related to digestion, including colon cancer. What it found is that, in addition to lowering cholesterol levels in lab rats, krill oil also inhibited the growth of human colon cancer cells. The combination of reduced inflammation with lowered cholesterol is promising, considering the connection between diet and colon cancer. Krill oil supplementation appears to improve colon health and reduce the risk of developing colon cancer.

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Will Krill Reduce the Symptoms of PMS?

Premenstrual syndrome affects most women of reproductive age in some way. Symptoms may range from mild to debilitating, and some women also experience severe pain during menstruation, a condition known as dysmenorrhea, which can lead to missed work. Some of the most common symptoms of PMS and dysmenorrhea include cramps, headaches, water retention, and mood swings.

A study conducted in 2003 compared the effects of fish oil supplementation with those of krill oil supplementation in a group of women with PMS and dysmenorrhea. The women completed a detailed questionnaire before the study where they reported their symptoms and also catalogued the number of analgesics they took to alleviate the pain of cramps. They were then treated with krill oil or fish oil for periods of three cycles of 45 or 90 days.

At the end of the study, the woman who received the krill oil supplement reported significantly lower use of analgesics than those who got the fish oil supplement or the women in the control group. Likewise, they reported a reduction in overall symptoms, including mood swings. The evidence suggests that regular consumption of a krill oil supplement can alleviate the symptoms of PMS and dysmenorrhea in women. Unlike analgesics, krill oil was also effective at treating the emotional symptoms of PMS.

Can Taking Krill Help to Prevent Heart Disease?

Cardiovascular disease is the number one cause of death for both men and women in the United States. It is also a common cause of death around the world. The standard North American diet, which is high in unhealthy fats, salt, and sugar, is a perfect recipe for heart disease. However, there is evidence to suggest that krill oil supplementation may help.

The earlier studies cited revealed that krill supplementation can have a two-fold effect on cholesterol levels, both reducing levels of LDL cholesterol and increasing levels of HDL cholesterol. It also reduces the overall cholesterol count, which in turn reduces the risk of heart disease.

Heart disease and inflammation are closely linked
Is Krill Oil a Potential Treatment for ADHD?

Attention deficit and hyperactivity disorder (ADHD) is a common diagnosis for both children and adults. Approximately 4.5 million children in the United States have been diagnosed with ADHD. ADHD is frequently treated with prescription amphetamines, which have a high risk of addiction and other side effects. However, there is reason to believe that it is possible to treat ADHD naturally with krill oil supplementation.

A 2014 study in Australia examined the link between Omega-3 deficiency and ADHD. What it found was that children who had high levels of Omega-3 were less likely to be shy or anxious – common traits of children with ADHD – than children whose levels of Omega-3 were low. They also looked at levels of DHA and found that students with high levels of DHA tended to have correspondingly high reading skills and comprehension.

The same study found that 36% of the students who had been diagnosed with ADHD had low levels of DHA in their blood compared to those students who had not been diagnosed with a learning disorder.

A 90-day study of 400 children with ADHD found that they experienced improved concentration and a noticeable improvement in their EEG patterns after taking a krill oil supplement. Likewise, a study of adults with ADHD revealed that krill oil supplementation resulted in a 60% improvement in concentration. They experienced comparable improvements in organizational skills and social skills.
Reducing triglyceride levels is a major concern in people who have a high risk of heart disease. Triglycerides are a form of lipid (or fat) in your blood. It is normal to have some triglycerides, which are mostly linked to diet and consumption of saturated fat. However, elevated levels of triglycerides can lead to an increased risk of heart disease, including heart attacks.

Studies have examined the effect that krill oil supplementation can have on triglyceride levels, as follows:

A study in Nutrition Research revealed that krill oil supplementation lowered triglyceride levels in study subjects by as much as 10%.

A study comparing the effects of krill oil and fish oil on liver triglycerides found that krill oil was approximately twice as effective as fish oil when it came to reducing liver triglycerides. The mice that were given krill oil experienced a 20% decline in triglycerides, while the fish oil group experienced only a 10% reduction. The improvements in overall cholesterol, including triglycerides, were equally promising. The krill oil group's cholesterol went down by 33%, while the fish oil group experienced only a 21% drop.

Clearly both fish oil and krill oil are effective in terms of lowering triglycerides, but krill oil – due to its high potency and antioxidant content – is both more bioavailable and more effective than traditional fish oil.

Conclusion

Thank you for reading Krill Craze. Omega-3 is necessary for good health, and there is ample evidence to show that the Omega-3 found in krill is preferable to the other forms of Omega-3 that are widely available on the market, including fish oil and plant-based Omega-3 from seeds.

Taking a krill oil supplement can improve your health in a variety of ways, and even increase your life span by reducing the shortening of telomeres in your cells.

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