Kräuterhaus
Sanct Bernhard

Der Spezialist für Naturheilmittel und Kosmetik.
Seit **1903** im Dienste der Gesundheit.

Krill Oil Capsules 500 mg

Nutritional supplement with omega-3-fatty acids and choline

Useful information:
The Omega-3 fatty acids contained in krill oil are mainly bonded into phospholipids, thus making them particularly utilisable for the human body. Each Krill Oil Capsule contains 500 mg pure krill oil with 100 mg Omega-3 fatty acids, of these 70 mg EPA (eicosapentaenoic acid) and 30 mg DHA (docosahexaenoic acid). From a daily consumption of 250 mg or more, EPA and DHA demonstrably contribute towards a healthy, normal heart function. In addition, the choline contained in krill oil contributes towards a normal homocysteine and fat metabolism and towards the retention of normal liver function.

Ingredients: Lipid Extract from the crustacean Antarctic Krill Euphausia superba (krill oil 53 %), Gelatin, **Soybean Oil,** humectant Glycerol.

Neptune Krill Oil NKO® (original krill oil from AKER BioMarine)

	per capsule	per 3 capsules	per 4 capsules
Krill oil	500 mg	1500 mg	2000 mg
of which marine phospholipids	200 mg	600 mg	800 mg
of which			
Omega 3 fatty acids	100 mg	300 mg	400 mg
of which			
EPA (eicosapentaenoic acid)	70 mg	210 mg	280 mg
DHA (docosahexaenoic acid)	30 mg	90 mg	120 mg
Choline	25 mg	75 mg	100 mg
Astaxanthin, esterified	180 µg	540 µg	720 µg

No Nutrient reference value for the daily intake according to VO (EU) No. 1169/2011 has yet been established.

Recommended dose: In support of a normal heart function, swallow 3 capsules or 4 capsules per day in support of the liver function and in support of the homocysteine and fat metabolism unchewed at mealtimes with sufficient fluid.

Not suitable for people with a shellfish allergy.

Krill oil thins the blood slightly. People who are taking blood thinning medication (anticoagulants) should consult a doctor before the consumption. Pregnant and breast-feeding women should only take 450 mg DHA and EPA per day.

Keep out of direct sunlight. Store dry and not above 25°C.
Nutritional supplements should not be used as a substitute for a varied and balanced diet and do not replace a healthy lifestyle. Keep out of the reach of young children. The recommended daily dose should not be exceeded.

Made in Germany

Contents 90 capsules = 83 g

Art. No. 93

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