

Krill Omega-3 Gold

DIETARY SUPPLEMENT



Krill Omega-3 Gold is the new generation of Omega-3. These unsaturated fatty acids do not come from fatty fish species but are extracted from krill (*Euphausia superba*). Krill is a collective term for approximately 80 shrimp-like crustaceans ranging in size from one to six centimetres. They can be found in large schools in the waters around Antarctica. Krill feeds on plankton and algae that contain large amounts of omega-3 fatty acids. Krill oil is less contaminated as it stands at the bottom of the food chain and has not accumulated contaminants from the sea.

EPA and DHA

Thanks to the unique composition of krill oil, the omega-3 fatty acids DHA and EPA are absorbed effectively. A daily intake of 250 mg of EPA and DHA has a beneficial effect on the heart. In addition, the omega-3 fish fatty acids EPA and DHA are a good addition to the diets of athletes who do not eat fish.

MSC Label – Sustainable fishing

The Marine Stewardship Council (MSC) label can be found on fish products originating from sustainable fishing practices. Fishermen and fisheries wishing to be awarded this label must meet the following criteria:

- No overfishing of fishery resources
- Preservation of the ecosystem
- Effective management of fishery activities.

The krill used by Virtuooos is caught by means of Eco Harvesting®, with due consideration for the ecosystem as a whole. This patented system is an environmentally-friendly krill har-

vesting technique. It was developed in conjunction with the World Wildlife Fund for Nature (WWF-Norway). On account of this sustainable harvesting technology, Aker Biomarine has been independently certified in accordance with MSC standards.

NZVT Certified

Krill Omega-3 Gold is produced in accordance with the anti-doping standards and other standards of the NZVT system (Anti-Doping Authority for the Netherlands) and therefore displays the NZVT logo. Krill Omega-3 Gold can be used by top athletes with confidence, so that they can concentrate on delivering an optimum athletic performance with peace of mind.

Special ingredient

Krill Oil™

Recommended use

Take two Licaps per day with plenty of water, preferably with a meal.

Health Claims

- Omega-3 fatty acids from Antarctic krill
- Good for the heart¹
- Positive impact on brain function and vision²
- Harvested using sustainable Eco-Harvesting® technology
- Free from additives and impurities

Composition per daily dose (two Licaps)			
Ingredient	Quantity	% RI	Compound
Krill oil; contains:	1180 mg	*	
Phospholipids	660 mg		
Omega-3, of which:	318 mg		
– EPA	177 mg		
– DHA	82 mg		
Astaxanthin	100 mcg		
RI = Reference intake / * RI not determined			

“Eco-harvesting® is a Trademark of Aker BioMarine”



¹ A daily intake of 250 mg of EPA and DHA helps the heart to function normally.

² A daily intake of 250 mg of DHA helps to maintain normal vision and normal brain function.



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Omega-3 fatty acids (EPA and DHA) play an important role in the overall health of an athlete. In relation to sport, it has a positive effect on the body's ability to recover (reduces inflammatory response), immune system, and ability to adapt to training. The diet of an average Dutch person does not contain sufficient omega-3 fatty acids.

Can be used:

- By athletes as a basic supplement
- By vegans or vegetarians
- By endurance athletes to increase the effect of a training session (production/functioning of mitochondria)
- During a busy competition schedule (EPA reduces inflammatory responses after intensive exercise)
- By athletes involved in team sports and martial arts (EPA can improve responsiveness)
- In cases of injury (may help to prevent muscle loss) (Tipton 2015)

Additional information:

- Advice from the Health Council of the Netherlands: a daily intake of 200 mg of omega-3 fatty acids through food
- This can be achieved by eating one serving of fish a week (Netherlands Nutrition Centre). However, half of the Dutch population only eats fish two or three times a month
- The latest food consumption survey (2007–2010) showed that the intake of fish fatty acids (EPA and DHA) varied between 62 mg and 133 mg a day
- Krill oil is absorbed by the body more easily than fish oil (only 2/3 of a fish oil dose required for the same effect)
- According to literature, 1 to 2 grams of fish oil (EPA and DHA) will contribute to general health and counteract sports-related inflammatory reactions (Simopoulos 2007)

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