



**Laporan-laporan Saintifik Terkini Mengenai Minyak Krill** 08-06-2013

1. Membantu meningkatkan fungsi otak dan mencegah penyakit Alzheimer
2. Membantu mengurangkan keradangan, ketegangan dan kesakitan pada sendi
3. Membantu meningkatkan fungsi jantung, menurunkan paras kolesterol dan trigliserida serta meningkatkan peredaran darah
4. Baik untuk masalah kulit
5. Membantu mengurangkan Premenstrual Syndrome (PMS)
6. Mengandungi Astaxantin yang merupakan sejenis antioksidan yang kuat
7. Mengandungi omega-3 larut air di mananya 15 kali lebih mudah diserap daripada minyak ikan

10 BODY, MIND & SOUL StarSpecial, Tuesday 4 November 2014

**The three-in-one goodness of krill oil**

KRILL oil is the oil extracted from krills – small shrimp-like crustaceans that live in the clear, pristine waters of the Antarctic oceans. The word “krill” comes from the Norwegian word that means “young fry” or “baby prawns”.

Krill feeds on phytoplankton and is at the bottom of the food chain, serving as a food source for other animals in the ocean. The oil extracted from the krill is red in colour and it therefore often referred to as the Red Krill Oil. By taking krill oil, you get three essential health nutrients the body can utilise:

**Omega-3 fatty acids (EPA and DHA)**

This is clinically shown to regulate cholesterol for heart health, among many other benefits, including:  
 > Maintaining healthy cholesterol and blood sugar levels  
 > Easing premenstrual disorders such as mood depression and mood swings  
 > Reducing chronic inflammation

> Improving joint lubrication and overall function

**Astaxanthin**  
 This is a potent antioxidant from decay and ageing referred to as Red Krill Oil colour, thanks to its Astaxanthin. Astaxanthin is a powerful anti-inflammatory property reducing DNA damage, can stress, lowering an individual's chronic diseases such as disease. Astaxanthin also is naturally fresh, protecting acids in krill oil.

**Phospholipid**  
 This is a main component that facilitates fast absorption by the body. The omega-3 of krill oil phospholipids – waxy substance up the membrane of each cell.

This makes the DHA krill oil more easily and

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**Live Healthy HEALTH ADVICE YOU CAN TRUST**

**Krill vs Fish for Heart Health: Which Omega-3 Wins?**



**W**hile most people think of Omega-3 fatty acids, the main focus is on fish oil supplements. But the health benefits of krill oil are becoming increasingly apparent. It's not just the omega-3 fatty acids, but the phospholipids, astaxanthin, and other nutrients that make krill oil a superior choice for heart health.

Research in human cells for immediate use. This also means that Krill Oil supplements won't require your liver to work harder!

**Winner: Krill**

**Round 3: Taste**  
 High oil supplements are notorious for their fishy taste, which many people are not fond of. Not only that, sometimes you end up having fishy-smelling burps, which makes it seem like you've been French-kissing a cod. A Krill Oil supplement, on the other hand, is both palatable and has no fishy aftertaste, which makes it great for consumption anytime, even when you are about to go out on a date.

**Winner: Krill**

**Round 4: Size**

The good water-soluble form used in most Krill Oil supplements means that Omega-3 fatty acids by using krill. Unfortunately, these fish oils are up to 90% of the Omega-3 that get from fish for energy, which doesn't leave too much for protection. As a matter of fact, you can get 10 times as much Omega-3 from krill directly rather than by taking fish oil. And when the fish oil, then getting the Omega-3 from the fish, in terms of impact on health, this means that with the same amount of effort, you can receive 10 times as much of Krill Oil for every 1 capsule of fish oil, making them way better for the environment.

**Winner: Krill**

**Round 7: Safety**  
 Large fish like cod, salmon, tuna also carry higher amounts of mercury and lead levels.

**Keistimewaan Produk:**

- Larut di dalam Air
- Tiada bau hanyir ikan
- Stabil
- Berasal dari Lautan Antartik (Lebih tinggi kandungan omega-3)
- Bebas daripada toksin
- Tiada lemak trans
- Tiada kesan sampingan
- Tiada refluks
- Bebas daripada pencemaran
- Bebas daripada bahan kimia
- Makanan kesihatan yang mesra alam

**Manfaat Utama:**

- Menurunkan kolesterol
- Menyeimbangkan hormon
- Mengurangkan PMS
- Mencegah penyakit alzheimer
- Anti penuaan
- Membantu tidur
- Anti keradangan

**Baik untuk:**

- Pelajar
- Orang tua dan dewasa
- Penyakit kardiovaskular
- Sakit puan
- Masalah sendi

**Krill Omega Plus**



**Datuk Sihat Cucu Bijak**

**• Antioksidan Pelindung Sel**

**• Omega-3 Anti-Keradangan**

**• Fosfolipid Baik Untuk Otak**

**Mencegah Sakit Jantung Dan Strok**

**Mempertingkatkan IQ**

**Mengurangkan Sakit Sendi Dan Gaut**

Untuk maklumat lanjut, sila hubungi:

**LUXOR NETWORK SDN. BHD.** (65101-K) (A.J.L-93524)  
 Level 5, Luxor Tech Centre No. 1A, Jalan Teknologi 3/4,  
 Taman Sains Selangor 1, Kota Damansara PJU 5, 47810 Petaling Jaya,  
 Selangor Darul Ehsan, Malaysia.  
 t : (603) 7681 2233 f : (603) 7681 2277 / 2299  
 www.facebook.com/lnsbdmaysia w : www.luxornetwork.com.my



Kuasa Pemulihan Dari Lautan Antartik

## Apakah itu krill?

Krill adalah krustasea yang berupa seperti udang halus. Krill menduduki tempat yang agak bawah dalam rantai makanan. Makanannya ialah fitoplankton. Krill Antartik (*Euphausia superba*) boleh membesar sehingga 6cm dan berat lebih kurang 2g.

Penangkapan krill di perairan Antartik secara komersial dikawal oleh Konvensyen Pemuliharaan Sumber Hidupan Marin Antartik (CCAMLR). CCAMLR menghadkan jumlah tangkapan tahunan pada tahap 4 juta metrik tan untuk memastikan populasi krill yang berkekalan.

Minyak Krill Omega Plus berbeza daripada minyak haiwan lautan yang dihasilkan secara komersial dalam 2 aspek. Pertama, minyak ikan, minyak anjing laut dan minyak hati ikan mengandungi hampir tiada fosfolipid Omega-3. Pada hakikatnya pemrosesan telah memusnahkan fosfolipid Omega-3 dalam minyak ikan. Kedua, Minyak Krill Omega Plus merupakan sumber semula jadi yang kaya dengan antioksidan — astaxantin.

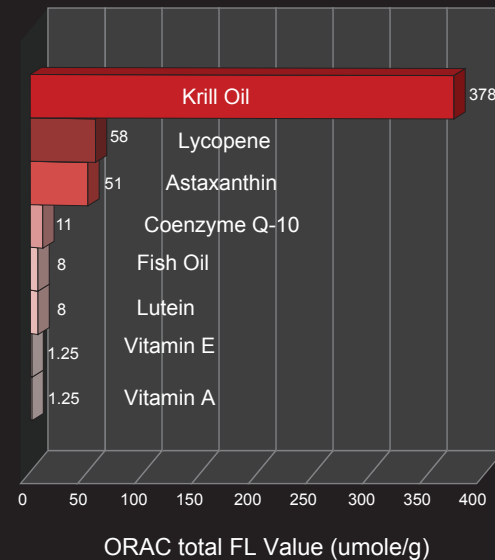
Penyelidikan menunjukkan minyak semulajadi **Krill Antartik** mempunyai kepadatan **Omega 3 yang lebih tinggi**

## Kesan Antioksidan

**1 Krill Oil = 48 Biji Minyak Ikan**  
**= 300 Biji Vitamin A**  
**= 302 Biji Vitamin E**  
**= 40 Biji Lutein**  
**= 34 Biji Coenzyme Q-10**



## Nilai-Nilai ORAC



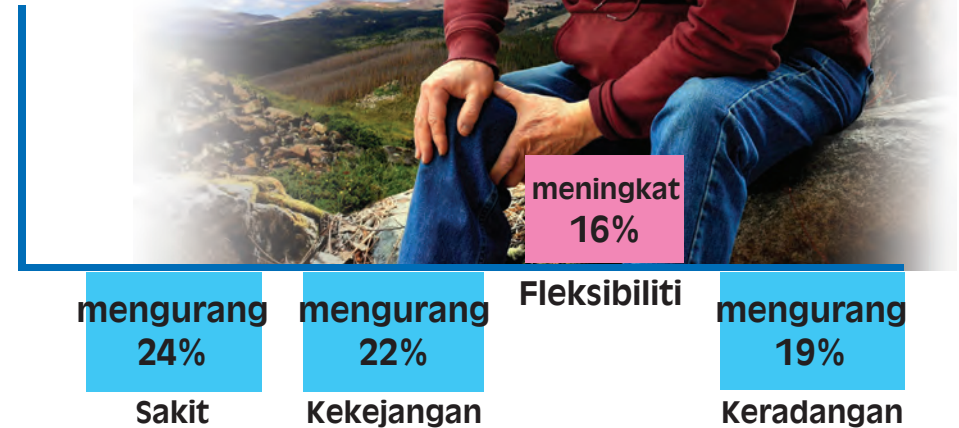
## Kajian-kajian saintifik telah membuktikan Minyak Krill Antartik adalah lebih kuat daripada omega-3 di dalam minyak ikan biasa.....

- 48 x dalam penentangan radikal bebas
- 11 x dalam penurunan LDL
- 9x dalam penuruan trigliserida
- 6 x dalam pengurangan kedutan pada muka
- 4 x dalam pengurangan premenstrual syndrome (PMS)
- 3 x dalam peningkatan fungsi otak
- 15 x lebih mudah diserap

## Kajian Terbaru Menunjukkan Krill Omega Plus:

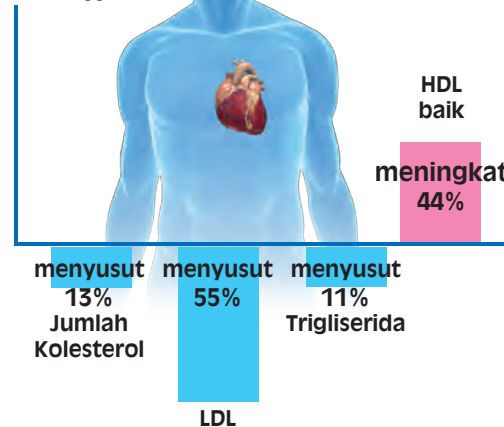
## Melegakan Sakit Sendi

Selepas hanya 1 minggu



## Mengurangkan Kolesterol

Selepas hanya 12 minggu



## Melegakan PMS

Selepas hanya 3 bulan

