

## Krill Oil vs. Fish Oil

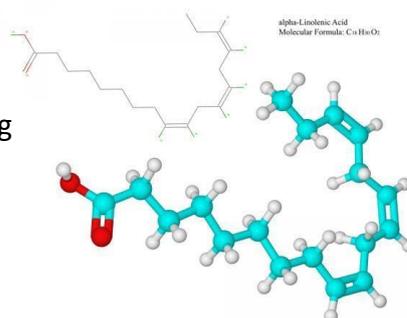
Fish oil is often considered the wonder supplement, great for treating just about anything: skin conditions, inflammation, cognitive health, joint lubrication, heart health, hormone regulation and the list goes on. Then a few years ago krill oil came onto the scene and ever since has been marketed at the next “big thing” in omega-3 supplementation.



Now the big question is – which one is better?

### What is it that we need?

We require the Essential Fatty Acids (EFAs) from fish oils. They are necessary fats because the human body is incapable of manufacturing them. There are two types of EFAs: omega-3 and omega-6. We get Omega-6 from poultry, vegetable oils and nuts/seeds; however Omega-3 comes mainly from fish.



### How much Omega-3 is needed?

Researchers believe the optimal ratio of omega-6 to omega-3 is somewhere between 2:1 and 4:1. Yet the typical American diet provides a ratio of anywhere between 10:1 and 30:1, meaning most of the population is deficient in omega-3. EFA deficiency and omega-6 and omega-3 imbalances have been linked to serious health conditions, such as: heart attacks, cancer, insulin resistance, asthma, depression, accelerated aging, stroke, obesity, diabetes, arthritis, ADHD, and Alzheimer's disease, among others

### Krill Oil vs. Fish Oil – How do they measure up?

	Fish Oil	Krill Oil
<b>Therapeutic Results</b>	May take up to six weeks	Between 7-14 days
<b>Cardiovascular Effects</b>	Research suggests that consuming fish oil can be effective for keeping people hearts free of heart disease. People who already have heart disease also lower their	Maintains cholesterol levels within a normal range and effective improves the ratio of ‘good’ to ‘bad’ cholesterol in healthy individuals
<b>Joint Benefits</b>	Fish Oil has been found to help fatty reduce morning stiffness in help those with Rheumatoid Arthritis and reduce their reliance on	Research shows that the acids found in krill oil may to reduce joint inflammation and temporarily reduce pain
<b>Other Benefits</b> □ Relief from musculoskeletal	Anti-inflammatories Krill oil naturally contains an ingredient called Astaxanthin.	associated with arthritis pain and inflammation

□ Maintenance healthy eye and This works as an antioxidant and

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	<p>brain function</p> <ul style="list-style-type: none"> <li>• Assists in cognitive function and memory</li> <li>• Ensures optimal development throughout pregnancy</li> </ul>	<p>helps protect the body against the damaging effects of free radicals that can cause cell damage. This ingredient is not found in fish oil.</p> <p>Also has the same additional benefits as fish oil.</p>
<b>Side Effects</b>	Due to the blood thinning affects, they should not be taken with other blood thinners, such as aspirin	
<b>Dosage: Arthritis Benefits</b>	9000mg daily	300mg daily
<b>Dosage: Cardiovascular Benefits</b>	500mg daily	1000mg daily

## Conclusion

Given that supplementation is a personal choice, no matter what you choose to take - be it a good quality fish oil or a good quality krill oil - the inclusion of much needed omega-3s into your diet is a definite step in the right direction. At present, Fish Oil is supported with a fair amount of clinical evidence; however Krill Oil is still not researched to the same extent yet.



At PHYSIO4ALL we recommend Metagenics Ultra-EPA Fish Oil. This is a low reflux fish oil supplement which is high in EPA - a type of essential fatty acid. We find this product to be very beneficial for those with joint conditions.



**SPECIAL: 10% of Ultra-EPA**

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