

# !DENORM!Q KRILL OIL

THE PRECIOUS TREASURE OF THE SEA FOR THE ORGANISM



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Distributed exclusively by Delta-Elis Holding  
Exklusiv vertrieben von der Delta-Elis Holding

**!DENORM!Q KRILL OIL**

**FOOD SUPPLEMENT**  
Antarctic krill oil from  
Euphausia superba  
Vitamin D3  
Vitamin K2  
Content: 90 softgels

**Nahrungsergänzungsmittel**  
Antarktische Krillöl aus  
Euphausia superba  
Vitamin D3  
Vitamin K2  
Inhalt: 90  
Weichkapseln

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## NEW KRILL OIL DENORMA

NATURAL SOURCE OF OMEGA 3  
FATTY ACIDS



**About 70% of the brain consists of fats,** a significant part of which are Omega-3! They are called brain food and are necessary for the development and normal functioning of the brain. In particular, DHA is a major component of the brain and eyes.

They are so important that during pregnancy, the fetus's body consumes the mother's DHA and then its high level is maintained even in breast milk. The amount of DHA in the brain increases 30 times between the first 24 weeks and 2 years of life. However, most children do not get enough DHA from their diet.

## WHAT IS OMEGA-3?



**Omega-3** is a type of polyunsaturated fat that is classified as an essential fatty acid, meaning it must come from the diet as it cannot be produced by the body. Omega-3 exists in various forms, differing in chain length and chemical composition.

Long-chain fatty acids are the most important form of omega-3. These omega-3 fatty acids contain eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA). EPA and DHA are associated with brain and eye health and are important structural components of the body's cells.

In their natural form, they are found in marine algae eaten by fish and other sea creatures. These fatty acids are often referred to as the marine source of omega-3.

## WHAT IS KRILL OIL?



**Krill (*Euphasia superba*)** is a type of zooplankton found in Antarctica and the Arctic. This species, called Euphasia Superba, resembles a small shrimp that feeds mainly on phytoplankton or tiny marine algae and is at the bottom of the food chain.

The oil does not contain toxic heavy metals, environmental pollutants, and other toxic substances such as mercury, dioxins, and PCBs.

Krill oil contains a high concentration of omega-3 fatty acids, which are associated with a wide range of health benefits, from reducing inflammation to lowering the risk of chronic diseases. In addition to omega-3 fatty acids, krill oil contains phospholipid-derived fatty acids and astaxanthin.

WHALES LIVE LONG AND DO NOT GET CANCER

**RICHARD PETO'S PARADOX:** Why does such a large animal with so many cells not develop neoplasia? Could it be related to omega-3 and astaxanthin?



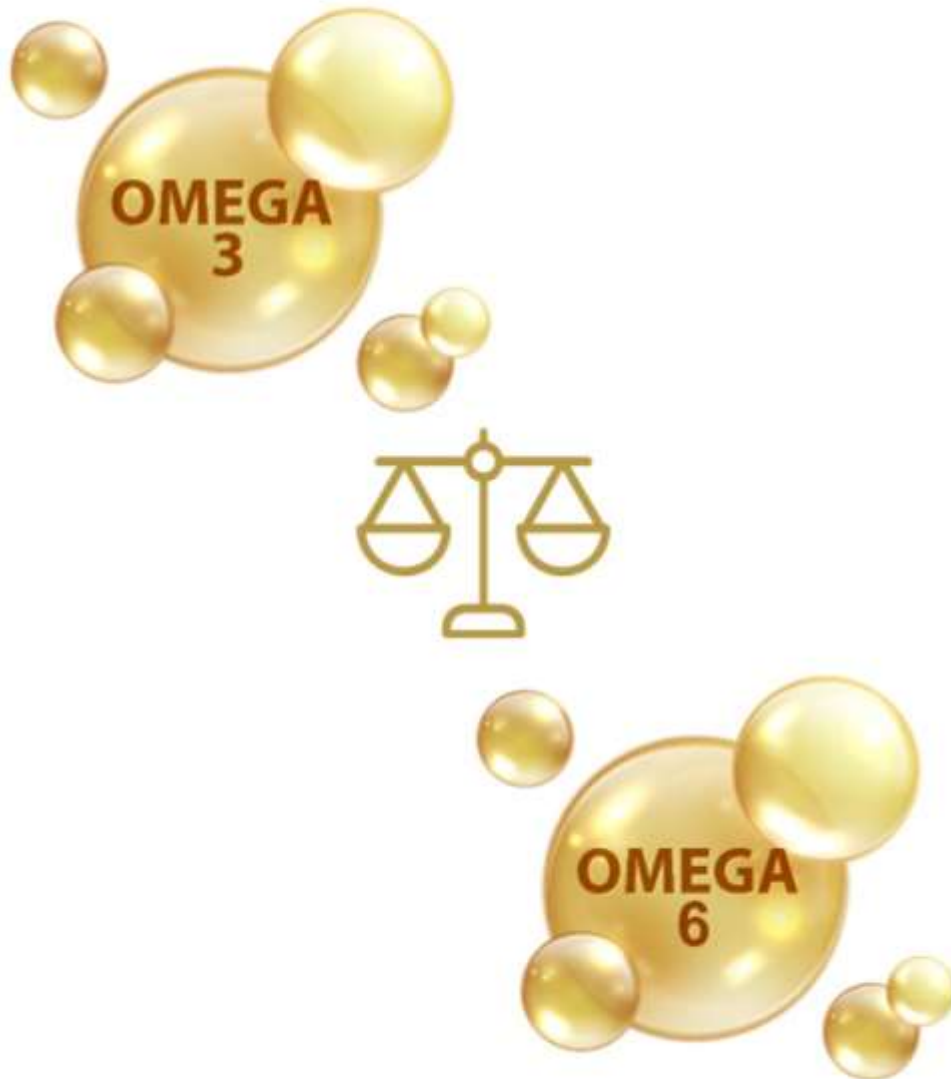
## KRILL OIL DENORMA IS 50% BETTER ABSORBED THAN FISH OIL



Krill oil has greater bioavailability. "Studies show that EPA and DHA in krill oil have higher 72-hour bioavailability than in fish oil," says Retelny. (According to the National Cancer Institute, "bioavailability" is the ability of a substance to be absorbed and then used by the body).

A study published in 2015 in the journal Lipids in Health and Disease noted that one possible reason for this difference could be that omega-3 fatty acids are "wrapped" in something different (krill oil is mainly made up of molecules called phospholipids, while fish oil is triglycerides), which may affect bioavailability.

## KRILL OIL DENORMA - RESTORES THE BALANCE OF OMEGA 3 AND OMEGA 6



Over the past 100 years, there have been enormous changes in the production and supply of food, which have had a significant impact on human health. One of them was the mass production of vegetable oils (seed oils) with a high content of omega-6 fatty acids. The same effect was achieved by replacing grass-fed diets with grain.

Traditionally, animals were grazed. Grass contains omega-3, while corn and soybean seeds, which are now fed to livestock, contain omega-6. For the first time in human history, a very large amount of omega-6 fatty acids has been concentrated in food. This has caused an imbalance in the amount of omega-6 and omega-3 fatty acids that was never part of human evolution. Humans evolved on a diet containing equal amounts of omega-6 and omega-3 fatty acids. Consider that the typical Western diet now has a ratio of omega-6 to omega-3 of about **16:1**.

KRILL OIL DENORMA - RESTORES THE BALANCE OF OMEGA 3 AND OMEGA 6



**THE RATIO BETWEEN OMEGA 3 AND  
OMEGA 6 IN DENORMA KRILL OIL IS 16:1**

The fatty acids in krill oil are 45% monounsaturated fatty acids, 47% polyunsaturated omega-3 fatty acids, and the remaining 3% are omega-6 fatty acids.

KRILL OIL DENORMA - CONTAINS A LARGE AMOUNT OF NATURAL ASTAXANTHIN



**ASTAXANTHIN - THE BEST ANTIOXIDANT**

It is known as the king of carotenoids because its ability to fight free radicals is:

**6000 times greater than that of vitamin C**

**6000 times more powerful than vitamin C**

**40 times more than beta-carotene**

**10 times stronger than zeaxanthin and lutein.**

Astaxanthin's structure allows it to penetrate cell membranes or remain outside, protecting the cell from both the inside and outside. It has been shown to improve blood flow and reduce oxidative stress in smokers and overweight individuals. One study showed short-term and long-term benefits of astaxanthin for breast cancer treatment, but the high cost of pure astaxanthin limits its use in further research and cancer treatment.

## KRILL OIL DENORMA - CONTAINS K2 AND D3



Some vitamin combinations are particularly beneficial for the body. Vitamins K2 and D3 can "work very well together" for the benefit of the body.

Vitamin D3 helps the absorption of calcium in the small intestine. Vitamin K2 takes calcium from the blood and transports it to the bones and teeth. It also activates a protein that keeps calcium in the arteries, joints, and other parts of the body where it should not go.

Vitamin K2 has many additional potential benefits for the body, from maintaining healthy blood sugar levels to eliminating wrinkles.

## KRILL OIL DENORMA - FREE FROM HEAVY METAL CONTAMINATION



Currently, industrial activities produce environmental pollutants, that is, harmful chemicals that enter the ecosystem. These compounds accumulate in the fatty tissues of fish, causing the fat from these tissues to contain excessive concentrations of pollutants. Pollutants found in fish oil samples typically include heavy metals (such as mercury, lead, arsenic, cadmium), dioxins, furans, and dioxin-like PCBs (polychlorinated biphenyls). Clinical studies have shown that pollutants from edible marine sources can have adverse health effects.

## KRILL OIL DENORMA - IS NOT A SUBJECT TO OXIDATION



Fish oil is prone to oxidation as it mainly consists of fats. Specifically, when exposed to atmospheric oxygen, moisture, or high temperatures, their molecules begin to oxidize.



**KRILL OIL DENORMA HAS  
A SHELF LIFE OF 3 YEARS**

## KRILL OIL DENORMA - HAS A FANTASTIC TASTE



Krill oil denorma does not cause fishy smell reflux unlike fish oil.

Thanks to the rapid absorption of omega-3 fatty acids in the form of phospholipids, krill oil softgels do not leave a fishy aftertaste.



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Inhalt: 90  
Weichkapseln

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**KRILL OIL DENORMA - THE MOST EFFECTIVE  
OMEGA-3 ON THE MARKET**

## KRILL OIL DENORMA - THE MOST EFFECTIVE OMEGA-3 ON THE MARKET



### 1. OMEGA-3 CAN HELP WITH DEPRESSION AND ANXIETY

some of the most common mental disorders in the world. Symptoms often include sadness, lethargy, and a general loss of interest in life. Anxiety, another common disorder, is characterized by feelings of fear, panic, and worry. Interestingly, studies show that people who regularly consume Omega-3s are less likely to suffer from depression

KRILL OIL DENORMA - THE MOST EFFECTIVE OMEGA-3 ON THE MARKET



## 2. HOW OMEGA-3 CAN IMPROVE EYE HEALTH

DHA, a type of omega-3, is a major structural component of the retina of the eye. If you don't get enough DHA, you may experience vision problems.

Omega-3 reduces the risk of macular degeneration - one of the leading causes of irreversible eye damage and blindness worldwide.

KRILL OIL DENORMA - THE MOST EFFECTIVE OMEGA-3 ON THE MARKET



### **3. OMEGA-3 PROMOTES BRAIN HEALTH DURING PREGNANCY AND EARLY LIFE**

Omega-3 oil is vital for infant brain development. Its intake during pregnancy is associated with many benefits for your child, including: improved cognitive development, improved communication, and social skills.

KRILL OIL DENORMA - THE MOST EFFECTIVE OMEGA-3 ON THE MARKET



#### 4. OMEGA-3 ELIMINATES RISK FACTORS FOR CARDIOVASCULAR DISEASE

These benefits include:

**Triglycerides:** they can significantly lower triglyceride levels

**HDL cholesterol:** studies show they can increase HDL (good) cholesterol levels

**Blood clots:** can prevent platelets from sticking together. According to some studies, this helps prevent dangerous blood clots from forming  
**Inflammation:** Omega-3 reduces the production of certain substances released during the body's inflammatory response.

Studies have also shown that omega-3s can lower LDL (bad) cholesterol levels

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## 5. OMEGA-3 HELPS WITH ATTENTION DEFICIT HYPERACTIVITY DISORDER (ADHD)

Attention deficit hyperactivity disorder (ADHD) - is a behavioral disorder characterized by inattention, hyperactivity, and impulsivity. Studies show that these supplements can help reduce symptoms of the disorder. In particular, omega-3 can help improve attention and task performance. It can also reduce hyperactivity, impulsivity, restlessness, and aggression

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## 6. OMEGA-3 CAN FIGHT METABOLIC DISORDERS

Metabolic syndrome is a combination of diseases. It includes central obesity, also known as belly fat, as well as high blood pressure, high triglyceride levels, high blood sugar levels, and low HDL (good) cholesterol levels. This is a serious public health problem as it increases the risk of many other diseases, including heart disease and diabetes. Some studies prove that omega-3 fatty acids can help normalize blood sugar levels, fight inflammation, and reduce the risk of heart disease in people with metabolic syndrome.

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## 7. OMEGA-3 CAN FIGHT INFLAMMATION

Chronic inflammation can contribute to the development of virtually all chronic diseases, including heart disease and cancer. In particular, omega-3 fatty acids can slow down the production of molecules and substances associated with inflammation, such as inflammatory eicosanoids and cytokines. Studies consistently note the link between omega-3 intake and reduced inflammation.

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## 8. OMEGA-3 CAN HELP WITH AUTOIMMUNE DISEASES

Studies have shown that increased intake of several types of fatty acids in infancy, including DHA, reduces the risk of developing autoimmune diseases associated with type 1 diabetes. Omega-3 can also help treat lupus, rheumatoid arthritis, ulcerative colitis, Crohn's disease, and psoriasis.

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## 9. OMEGA-3 CAN IMPROVE MENTAL HEALTH CONDITIONS

Low levels of omega-3 are noted in people with mental disorders. Interestingly, omega-3 fatty acid supplements reduce levels of aggressive behavior. Some studies also show that taking omega-3 can benefit people suffering from schizophrenia and bipolar disorder.

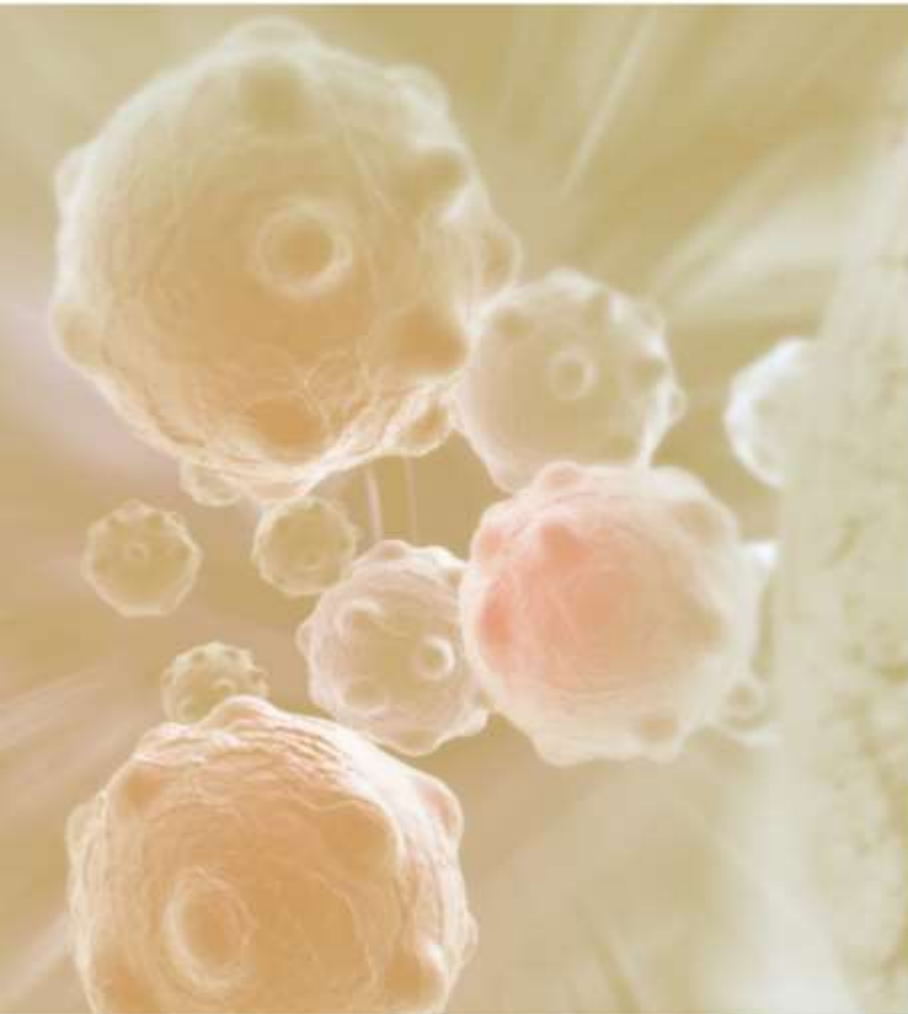
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## 10. OMEGA-3 CAN HELP PREVENT AGE-RELATED COGNITIVE DECLINE AND ALZHEIMER'S DISEASE

As people age, many experience brain function decline. Several studies link increased omega-3 intake to preventing age-related cognitive decline and reducing the risk of Alzheimer's disease. A review of studies shows that omega-3 supplements can be beneficial in the early stages of the disease when Alzheimer's symptoms are still very mild.

## KRILL OIL DENORMA - THE MOST EFFECTIVE OMEGA-3 ON THE MARKET



### 11. OMEGA-3 CAN HELP PREVENT CANCER

Cancer is one of the leading causes of death worldwide, and it has long been believed that omega-3 fatty acids reduce the risk of developing certain types of the disease. Indeed, some studies show that people who consume the most omega-3 have a 55% lower risk of developing colon cancer. In addition, in some studies, omega-3 consumption is associated with a reduced risk of prostate and breast cancer.

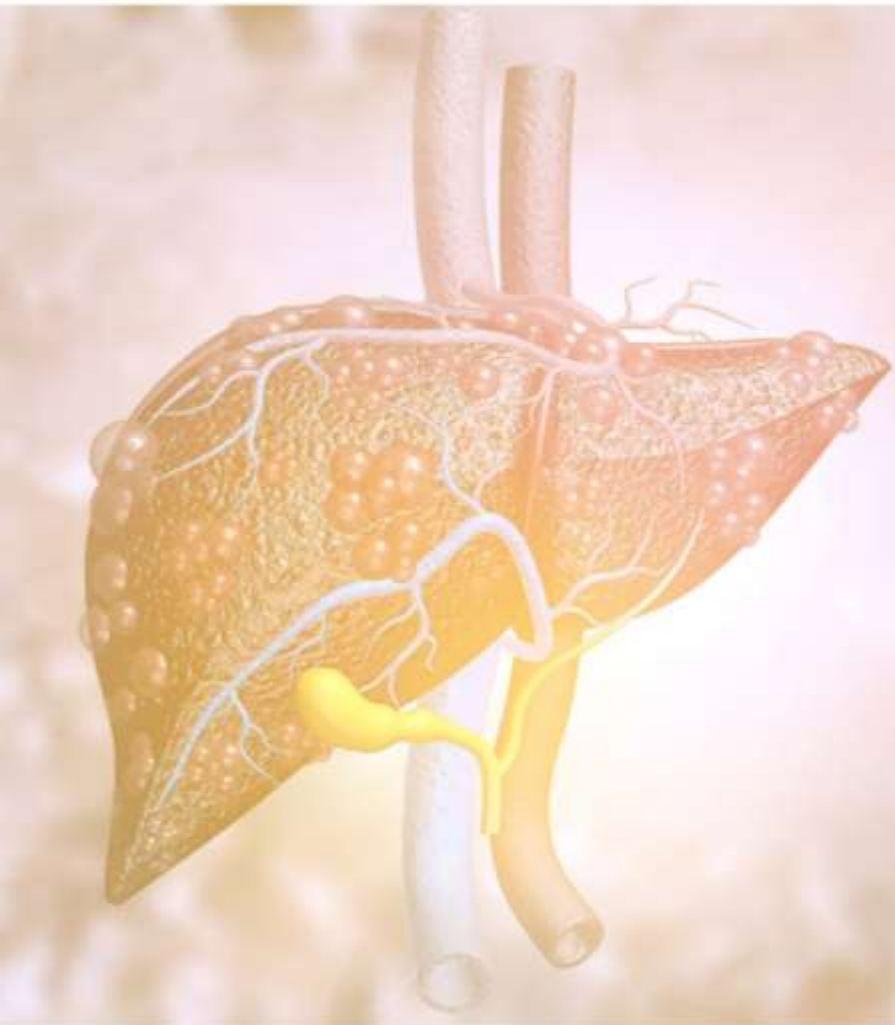
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## 12. OMEGA-3 CAN HELP REDUCE ASTHMA SYMPTOMS IN CHILDREN

Asthma is a chronic lung disease with symptoms such as coughing, shortness of breath, and wheezing. Severe asthma attacks can be very dangerous. They are caused by inflammation and swelling in the airways of the lungs. Moreover, asthma rates have increased worldwide in recent decades. Interestingly, several studies have correlated omega-3 consumption with a lower risk of asthma in children.

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### 13. OMEGA-3 CAN HELP REDUCE LIVER FAT

Non-alcoholic fatty liver disease (NAFLD) is a common condition characterized by fat accumulation in the liver. It is estimated that 25% of the world's population suffers from it, and it is a major cause of many other liver diseases, including cirrhosis or liver scarring. However, studies show that omega-3 fatty acid supplements can help reduce liver fat and inflammation in people with fatty liver disease.

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#### **14. OMEGA-3 CAN IMPROVE BONE AND JOINT HEALTH**

Osteoporosis and arthritis are two common diseases that affect the skeletal system. Studies show that omega-3 helps increase bone strength by increasing calcium levels in them. Omega-3 can also help treat arthritis. According to a review of six studies, omega-3 supplements significantly reduce pain in people with osteoarthritis.

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## 15. OMEGA-3 HELPS RELIEVE MENSTRUAL PAIN

Menstrual pain occurs in the lower abdomen and pelvis and often radiates to the lower back and thighs. However, studies repeatedly indicate that people who consume the most omega-3s experience milder menstrual pain. A 2011 study even showed that an omega-3 supplement was more effective than ibuprofen in treating severe menstrual pain.

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## 16. OMEGA-3 CAN IMPROVE SLEEP QUALITY

Good sleep is one of the foundations of optimal health. Lack of sleep is associated with many diseases such as obesity, diabetes, and depression. In some earlier studies, low levels of omega-3 fatty acids were also associated with sleep problems in children and adults. In addition, low DHA levels are associated with lower levels of the hormone melatonin, which helps to fall asleep. Studies conducted among both children and adults also show that supplementation can improve some aspects of sleep and protect against sleep disorders.

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## 17. OMEGA-3 SUPPORTS SKIN HEALTH

DHA is a structural component of the skin. It is responsible for the health of cell membranes, which make up a large part of the skin. EPA also benefits the skin in various ways, including: moisturizing the skin, preventing hair follicle hyperkeratosis, which manifests as small red bumps often appearing on the arms, protecting against premature skin aging, reducing the risk of acne. Animal studies show that omega-3s also help protect the skin from the harmful effects of sunlight.