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### Antarctica Select Wild Krill Oil

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<p><b>Wild Antarctic Krill Oil</b>  <b>New size!! 60 Capsule Bottle</b></p> <ul style="list-style-type: none"> <li>• high in antioxidants to help fight the aging process</li> <li>• contains unique phospholipids</li> <li>• rich source of Omega 3 fatty acids</li> </ul> <p><b>ON SALE NOW</b></p> <p><b>60 gel capsules USD \$27.99 <del>\$29.99</del></b></p> <p><b>FREE SHIPPING</b></p> <p><a href="#">More Info</a> <a href="#">Add To Cart</a></p>	
<p><b>Wild Sockeye Salmon Oil NEW!!</b></p> <ul style="list-style-type: none"> <li>• pure 100% wild sockeye salmon oil</li> <li>• not blended with inferior fish oils or other salmon species</li> <li>• rich source of Omega 3 fatty acids</li> </ul> <p><b>180 - 500 mg gel capsules USD \$19.99</b></p> <p><a href="#">More Info</a> <a href="#">Add To Cart</a></p>	

*Warning: those with known allergies to fish and seafood should consult with their healthcare professional as no studies have been done on those with allergies.*

*Wild Antarctic Krill and Wild Sockeye Salmon Oil is a dietary supplement only.*

Wednesday 16 August, 2006



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**Wild Antarctic Krill Oil - A Clean, Pure Source of Antioxidants and Omega-3**



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krill oil is high in antioxidants to help fight the aging process  
 krill oil contains unique phospholipids  
 krill oil is rich source of Omega 3 fatty acids

**Why Choose Antarctica Select Krill Oil?**

Nutritionists and Health Professionals readily agree that the health benefits of Omega-3s are essential to people today. Young and old benefit from the powerful oil found in Antarctica Select, rich in EPA and DHA. Antarctica Select is the best choice for you and your family in maintaining a well-balanced diet.

Krill oil has a higher content of Omega 3 fatty acids than fish oils and some antioxidants that are not found in other products. It will not cause gastrointestinal difficulty or aftertaste. It is suggested that the mercury content in fish oil may cancel out any benefits derived from it, but krill oil is free of all toxic elements.

Krill oil is free of pollutants such as mercury and other heavy metals. In addition to Omega-3 (well known for its effect upon cardiovascular health), krill oil has powerful antioxidants, shown to be effective in preventing the common signs and symptoms of aging, and phospholipids, critical for the maintenance of cell membranes and normal hormone regulation--something that ordinary fish oil does not have.

**[Purchase Antarctica Select Krill Oil](#)**



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## FAQs Regarding Krill Oil

### What is Krill?

**Answer:** Krill is a small shimp-like crustacean. It is the most important zooplankton species associated with the sea ice and plays a key role in the Antarctic food web. Each krill consists of about 15% high quality protein containing vital amino acids and about 3% fat and vitamins. It also supplies minerals such as iron, phosphorus, and calcium. It is very nutritious and a natural source of energy.

### How is Krill Oil made?

**Answer:** Krill are caught in the clear Antarctic Ocean and are processed within one hour and packed onboard specially equipped ships to ensure freshness, taste and superlative quality.

### What does Antarctica Select Krill Oil contain?

**Answer:** Antarctica Select is guaranteed to contain 100% antarctic krill oil. Krill oil contains high levels of astaxanthin, a powerful antioxidant, as indicated by the deep ruby color. It also contains higher quantities of fatty acids, notably EPA and DHA, than other fish oils.

### What are some of the health benefits of Krill Oil?

- May prevent heart disease
- Boosts Immune system
- Increases body energy
- Lowers bad cholesterol
- Increases concentration
- Reduces arthritis symptoms
- Reduces joint pain
- Helps digestive functions (liver, intestines)

### Does Antarctica Select Krill Oil contain harmful pollutants?

**Answer:** It is suggested that the mercury content in fish oil may cancel out any benefits derived from it, but krill oil is free of all toxic elements such as mercury and other heavy metals.

### What makes Antarctica Select different from other fish oils?

**Answer:** Krill oil has a higher content of Omega-3 fatty acids than fish oils, as well as some antioxidants not found in other products. It will not cause gastrointestinal difficulty and has no aftertaste.

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## FAQs Regarding Dietary Supplements and Omega-3s

### Where can I find information about taking natural products, or dietary supplements?

**Answer:** Before starting any supplement it is wise to speak with your doctor or pharmacist. See our [studies](#) section for more information on articles concerning Omega-3s. As well visit the FDA's website regarding Dietary Supplements for further information: <http://vm.cfsan.fda.gov/~dms/ds-oview.html>

### Are there any interactions with vitamins and minerals or drugs that I should be aware of if I am taking Omega-3 supplements?

**Answer:** The omega-3 polyunsaturates are components of foods and as such not likely to interact with drugs, though it is difficult to be exact since there are so many drugs being launched all the time. If you are taking any drug on the recommendation of a physician it would be wise to inform him or her when next you visit. There are no known interactions with vitamins or minerals.

### Do I need to take Vitamin E if I am adding an Omega-3 supplement to my diet?

**Answer:** It is a good idea to ensure a good intake of vitamin E if you are going to take an omega-3 supplement. Antarctica Select Krill Oil an adequate level of vitamin E, so you need not take any extra.

### What is the recommended amount of Omega-3 I should be consuming in my diet?

**Answer:** The American Heart Association has published it's guide to taking Omega-3s. See their information at: <http://www.americanheart.org/presenter.jhtml?identifier=4632>. As well this article is useful for guidelines to proper consumption of Omega-3: [AHA Dietary Guidelines](#).

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### [Studies on Omega-3s](#)

[Essential fatty acids in health and chronic disease](#)

[Fish and Omega-3 Fatty Acids](#)

[Fish Consumption, Fish Oil, Omega-3 Fatty Acids, and Cardiovascular Disease](#)

[Dietary n-3 Polyunsaturated Fatty Acids and Smoking-Related Chronic Obstructive Pulmonary Disease](#)

[Effect of an Enteric-Coated Fish-Oil Preparation on Relapses in Crohn's Disease](#)

[AHA Dietary Guidelines](#)

[Dietary supplementation with fish oil rich in v-3 polyunsaturated fatty acids in children with bronchial asthma](#)

[Blood Levels of Long-Chain n-3 Fatty Acids and the Risk of Sudden Death](#)

[Omega-3 Fatty Acids in Inflammation and Autoimmune Diseases](#)

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## Glossary of Terms

All terms below were obtained from [Wikipedia](#), a [free-content](#) encyclopedia

### Antioxidants

An antioxidant is a chemical that prevents the oxidation of other chemicals. In biological systems, the normal processes of oxidation (plus a minor contribution from ionizing radiation) produce highly reactive free radicals. These can readily react with and damage other molecules: in some cases the body uses this to fight infection. In other cases, the damage may be to the body's own cells. The presence of extremely easily oxidisable compounds in the system can "mop up" free radicals before they damage other essential molecules. The following vitamins have shown positive antioxidant effects: Retinol (Vitamin A or beta-carotene), Ascorbic acid (Vitamin C), Vitamin E (tocopherol), Selenium.

### Astaxanthin

Immune-supporting carotenoid, which can be used to guard your cell membranes from free radical damage. Astaxanthin is the chemical that gives lobsters, shrimp, and some crabs their red color when they are cooked.

### Docosahexaenoic acid (DHA)

A polyunsaturated fatty acid composed of 22 carbon atoms and six double bonds. Because the first double bond, as counted from the methyl terminus, is at position three, it belongs to the Omega-3 group.

### Eicosapentaenoic acid (EPA)

A major component of fish oil. It is a long-chain polyunsaturated fatty acid of the n-3 or omega-3 type. EPA is an all cis polyunsaturated fatty acid containing 20 carbons and 5 double bonds.

### Essential Fatty Acids

Fatty acids that are required in the human diet. This means they cannot be synthesized by the body from other fatty acids and must be obtained from food. These fatty acids were originally designated as Vitamin F, until it was realized that they must be classified with the fats.

### Krill

The Norwegian word for whale food. It is also used as synonym for euphausiids, which are shrimp-like marine invertebrates, important organisms of the plankton (zooplankton). In the literal sense "krill" is used as common name for the most spectacular species: the **Antarctic Krill** (*Euphausia superba*) of the Antarctic waters in the Southern Ocean. It is an euphausiid. Krill live in large schools (swarms) and convert the primary production directly into a relatively large animal. They grow to a length of 6 cm, weigh 2 grammes, and live probably for 6 years. Krill is the keystone species of the ecosystem of Antarctica, and is an important food organism for whales, seals, Leopard Seals, fur seals, Crabeater Seals, squid, icefish, penguins, albatrosses and many other birds. Their biomass is estimated to be between 100 and 800 million tonnes, making *E. superba* probably the most successful animal on the planet; for comparison, the total non-krill yield from all world fisheries is about 100 million tonnes per year. The fishery of krill is on the order of 90,000 tonnes per year.

### Linolenic Acid

An 18-carbon polyunsaturated fatty acid with three double bonds. The isomer called alpha-linolenic acid, an Omega-3 fatty acid, is essential for all mammals. Alpha-linolenic acid has been associated with reduced cardiovascular risk through reduced cardiac arrhythmias and reduced carotid arteriosclerosis; however, epidemiology has also linked alpha-linolenic acid with rapidly progressing prostate cancer and macular degeneration. Another isomer of linolenic acid is gamma-linolenic acid, an Omega-6 fatty acid which is the product of desaturation of Linoleic acid. This fatty acid is rare in food, and is sometimes taken as an oil supplement because its elongation product, di-homo gamma linolenic acid, is an important constituent of cell membrane phospholipids in its role as precursor to the series-1 eicosonoids.

### Omega-3

Polyunsaturated fatty acids found in certain fish tissues, and in vegetable sources such as flax seeds, walnuts, and canola oil. Omega-3 fatty acids are classed as essential fatty acids. The term "omega-3" signifies that the first double bond in the carbon backbone of the fatty acid, counting from the end opposite the acid group, occurs in the third carbon-carbon bond. Like all polyunsaturated fatty acids, the Omega-3 fatty acids have minimum 2 and maximum 6 double bonds in a carbon chain that ranges from 18 until 22 carbon atoms. Common omega-3 fatty acids in the body are (alpha)linolenic acid (18:3), eicosapentaenoic acid (20:5), docosahexaenoic acid (22:6). Gamma-linolenic acid is an omega-6 fatty acid.

### Phospholipids

A phospholipid is a lipid that is a primary component of cell membranes. Phospholipids consist of a water-soluble head (a positively charged (polar) group), linked to two water-insoluble nonpolar tails (by a negatively charged phosphate group). Both tails consist of a fatty acid, each 14-24 carbon groups long.

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## Overview of Dietary Supplements

### What is a dietary supplement?

Congress defined the term "dietary supplement" in the Dietary Supplement Health and Education Act (DSHEA) of 1994. A dietary supplement is a product taken by mouth that contains a "dietary ingredient" intended to supplement the diet. The "dietary ingredients" in these products may include: vitamins, minerals, herbs or other botanicals, amino acids, and substances such as enzymes, organ tissues, glandulars, and metabolites. Dietary supplements can also be extracts or concentrates, and may be found in many forms such as tablets, capsules, softgels, gels, liquids, or powders. They can also be in other forms, such as a bar, but if they are, information on their label must not represent the product as a conventional food or a sole item of a meal or diet. Whatever their form may be, DSHEA places dietary supplements in a special category under the general umbrella of "foods," not drugs, and requires that every supplement be labeled a dietary supplement.

### What is a "new dietary ingredient" in a dietary supplement?

The Dietary Supplement Health and Education Act (DSHEA) of 1994 defined both of the terms "dietary ingredient" and "new dietary ingredient" as components of dietary supplements. In order for an ingredient of a dietary supplement to be a "dietary ingredient," it must be one or any combination of the following substances:

- a vitamin,
- a mineral,
- an herb or other botanical,
- an amino acid,
- a dietary substance for use by man to supplement the diet by increasing the total dietary intake (e.g., enzymes or tissues from organs or glands), or
- a concentrate, metabolite, constituent or extract.

A "new dietary ingredient" is one that meets the above definition for a "dietary ingredient" and was not sold in the U.S. in a dietary supplement before October 15, 1994.

### What is FDA's role in regulating dietary supplements versus the manufacturer's responsibility for marketing them?

In October 1994, the Dietary Supplement Health and Education Act (DSHEA) was signed into law by President Clinton. Before this time, dietary supplements were subject to the same regulatory requirements as were other foods. This new law, which amended the Federal Food, Drug, and Cosmetic Act, created a new regulatory framework for the safety and labeling of dietary supplements.

Under DSHEA, a firm is responsible for determining that the dietary supplements it manufactures or distributes are safe and that any representations or claims made about them are substantiated by adequate evidence to show that they are not false or misleading. This means that dietary supplements do not need approval from FDA before they are marketed. Except in the case of a new dietary ingredient, where pre-market review for safety data and other information is required by law, a firm does not have to provide FDA with the evidence it relies on to substantiate safety or effectiveness before or after it markets its products.

Also, manufacturers do not need to register themselves nor their dietary supplement products with FDA before producing or selling them. Currently, there are no FDA regulations that are specific to dietary supplements that establish a minimum standard of practice for manufacturing dietary supplements. However, FDA intends to issue regulations on good manufacturing practices that will focus on practices that ensure the identity, purity, quality, strength and composition of dietary supplements. At present, the manufacturer is responsible for establishing its own manufacturing practice guidelines to ensure that the dietary supplements it produces are safe and contain the ingredients listed on the label.

### When must a manufacturer or distributor notify FDA about a dietary supplement it intends to market in the U.S.?

The Dietary Supplement Health and Education Act (DSHEA) requires that a manufacturer or distributor notify FDA if it intends to market a dietary supplement in the U.S. that contains a "new dietary ingredient." The manufacturer (and distributor) must demonstrate to FDA why the ingredient is reasonably expected to be safe for use in a dietary supplement, unless it has been recognized as a food substance and is present in the food supply.

There is no authoritative list of dietary ingredients that were marketed before October 15, 1994. Therefore, manufacturers and distributors are responsible for determining if a dietary ingredient is "new", and if it is not, for documenting that the dietary supplements it sells, containing the dietary ingredient, were marketed before October 15, 1994. For more detailed information on new dietary ingredients, go to:

<http://www.cfsan.fda.gov/~dms/ds-ingrd.html>.

### What information must the manufacturer disclose on the label of a dietary supplement?

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