

Abstract

Image Awareness Wellness Institute Health Letter

Krill and Salmon Oil

February 2011 Volume 7 Issue 2

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Krill oil has been widely promoted as being as good as or better than salmon oil. One of the motivations for the sale of krill oil is that it is very cheap to manufacture, yet can demand a high retail profit. This newsletter observes that krill is very different from salmon. It is not part of the normal human food chain. The astaxanthin in krill is different in form from the astaxanthin in salmon. Jacques Cousteau reported cooking and eating krill with his crew. They all developed a violent case of diarrhea. Krill is also the primary food source of marine predators including endangered whales. For these reasons GNLD and Whole Foods have chosen not to sell krill oil supplements.

Omega-3 fatty acids are essential for healthy brain and nerve function. Research spanning several decades suggests that a combination of B complex vitamins and omega-3 fatty acids could reduce the incidence of schizophrenia, depression, bipolar disorder, and cognitive deficits. Donald Rudin suggested that omega-3 fatty acids are the substrate on which the B complex vitamins work.

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