

## KRILL OIL BENEFITS

With the increase in our work pressure, worldly problems and poor atmospheric conditions, our body gradually starts to host various diseases and face deformities. To come out of such troubles we generally go for medications and therapies. Sometimes by doing self-medication we go for generic medicines while serious troubles leads our path to doctors chamber.

Generic medicines, regularly used drugs and medication are very common and most of us know their features. Speaking about Krill Oil, question might arise as [why you should take krill oil](#). Before getting to know about the answer, we should know what krill oil is.

Krill oil is extract from Antarctic Krill, marine specie that contains huge reserve of Omega-3 fatty acids along with EPA and RHA. This is beneficial for overall health and brain development. It is having skin beneficial and rejuvenation benefits too.

Krill Oil is one of the leading products of its type for supplying the crucially essential Omega-3 fatty acids. It delivers Omega-3 in the same forms that are present in fish and fish oil without any chances of toxic contamination. The harvesting of krill from the sea is at a very low level compared with the huge stocks available and hence there is believed to be almost no environmental impact. This oil also contains significant amounts of phospholipids, giving you the effect of taking a phospholipids supplement as well, like lecithin, on an all-in-one basis. Moreover, this is marine phospholipids that has long-chain Omega-3 fatty acids built into it, unlike the Omega-6-rich oilseeds from land plants that are usually used to provide lecithin

The benefits of krill oil vs. fish oil are nearly identical, but krill oil is more bio-available, more sustainable, and less likely to be contaminated by mercury or heavy metals.

The main benefits from Krill oil are as follows:

- Fights Inflammation
- Improves Heart Health
- Keeps Skin Glowing
- Benefits Brain Health
- Supports Strong Bones and Joints
- May Be Associated with Reduced Cancer Risk
- Aids in Weight Loss

Although these are few of the other benefits but on overall level, Krill Oil is cure to many ailments. This is the basic answer to [why you should take this oil](#).

Krill Oil, which is naturally rich in Omega-3 phospholipids, gives a substantially greater reduction of fat in the heart and liver than Omega-3 from fish oil.

The idea of using Krill Oil rather than Fish Oil is fairly new and for this reason there are only a few recorded clinical trials of Krill Oil itself, while the very wide ranging benefits of Omega-3, phospholipids

and carotenoid have been established over and over again. In one sense, we hardly need the clinical trials of Krill Oil since the benefits of its components are so well established.

Tests have shown Krill Oil to be safe and well tolerated when used for either humans or animals. It is clear that even normal healthy subjects benefited from its use, reporting better skin and hair quality, less joint discomfort and less in the way of seasonal allergy symptoms. Omega-3 acids reduce blood viscosity and so should not be used at the same time as anticlotting drugs, as the two could synergize and produce too much effect. In addition, those with known allergy to other seafoods would be best not to risk its use.