

What's all the Krill about?

Recent buzz about krill oil has people questioning the effectiveness of the fish oil they are taking, and may have been taking for years. First things first...let's learn a little more about krill; where it comes from and why it's getting so much attention.

What is Krill Oil? The down and dirty of it—krill oil is oil that comes from krill. Krill are shrimp-like crustaceans that live in extremely cold waters and are the principle food for whales, seals, penguins, squid and fish. They have a high concentration of protein, are low in fat and have large amounts of omega-3 fatty acids. The difference between the omega-3's in krill and that in fish oil is that krill is made up of the phospholipids form of fatty acids, which the body is able to use more efficiently. Krill oil also contains high amounts of astaxanthin, an antioxidant that has been linked to supporting healthy eye function, decreasing sun damage, helping with stress management and reducing the effects of Alzheimer's and Parkinson's disease.

Krill oil is extremely nutrient-dense and has many health benefits. But the million dollar question: which is better—krill oil or fish oil? It isn't as easy to answer as many may think. Ideally, they should be taken together for maximum benefits. Everyone is different though, so be sure to speak to our Certified Clinical Nutritionist, Bill Spear, R.Ph, CCN for his recommendation regarding krill versus fish oil as well as incorporating some form of omega-3's in to your everyday diet.

Bill Spear, R.Ph., CCN is a Compounding Pharmacist and Certified Clinical Nutritionist. He is available for personal nutritional consultations at Hazle Compounding, Broad & Wyoming Sts., Hazleton, Pa. 18201, 570-454-2958 www.hazlecompounding.com