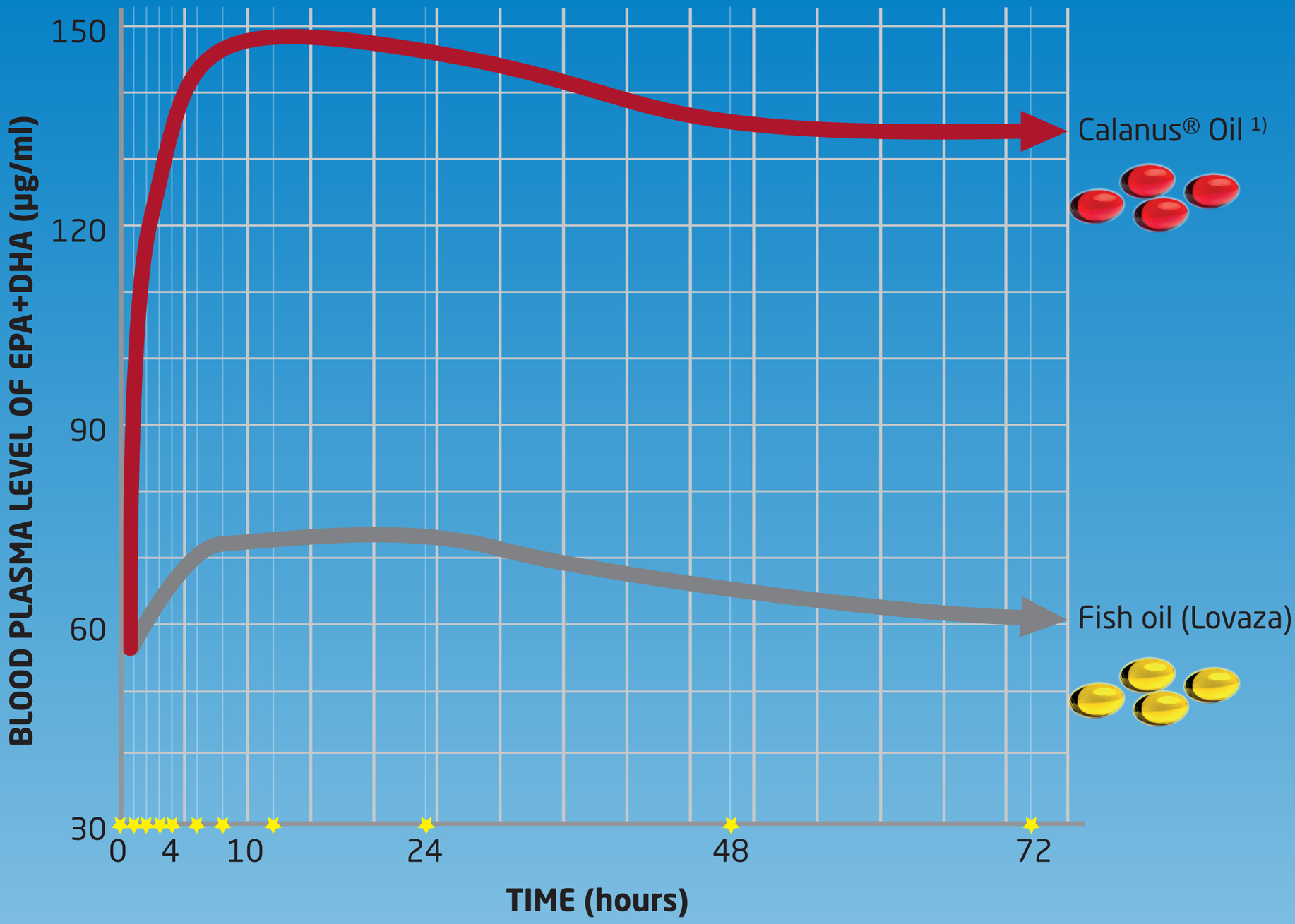
CALANUS®

Bioavailability of Calanus® Oil in humans



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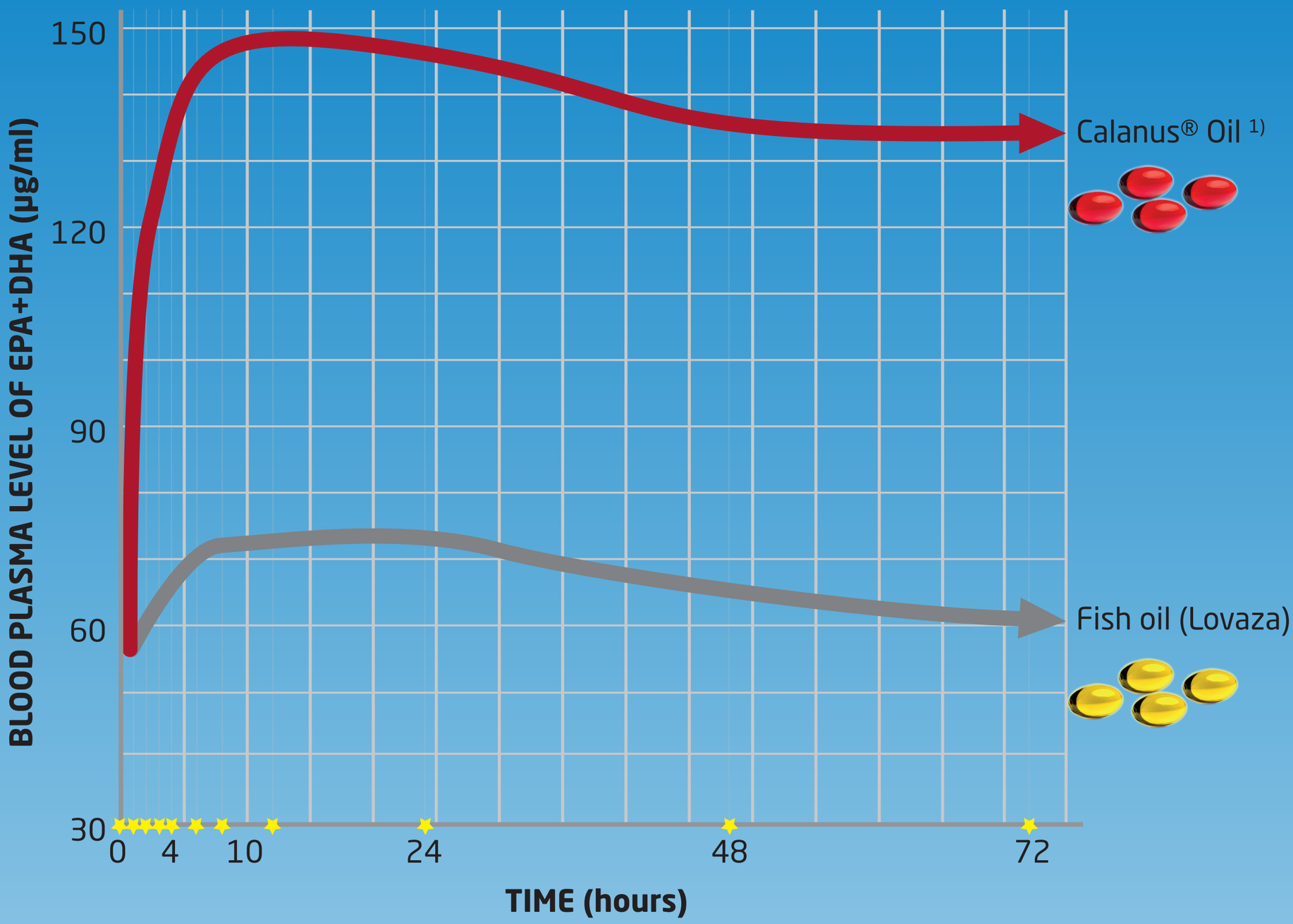

In a randomized, two-period crossover human clinical trial the bioavailability of omega-3 fatty acids from Calanus® Oil and fish oil (Lovaza) was investigated.
The study was done by the prestigious research institute Mèrleux NutriSciences in the USA in 2015.
The participants consumed EPA and DHA from Calanus® Oil (416 mg) or fish oil (840 mg), and EPA and DHA plasma levels were monitored during the following 72 hours. (★ measuring points)
After a minimum 7 day washout, all subjects crossed over to receive the opposite study product at the beginning of the second 72 hour test period.

The figure shows that:

- Calanus® Oil is highly bioavailable in humans
- The uptake of EPA and DHA from Calanus® Oil is significantly higher than from fish oil
- Plasma levels of EPA and DHA after consuming Calanus® Oil are twice as high as in the fish oil group
- The uptake of omega-3 is delayed in the Calanus® Oil group, illustrating the slow, but complete, digestion of wax esters

This clinical trial demonstrates that omega-3 fatty acids in wax esters from Calanus® Oil are better absorbed than omega-3 fatty acids from Lovaza fish oil.
Calanus® Oil has a high content of EPA precursor Stearidonic acid (SDA), which is readily converted to EPA in the human body.
Calanus® Oil´s richness in SDA contributes to the enhanced EPA levels, thus reducing the risk of major coronary events.

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1) Plasma EPA and DHA concentrations in response to Calanus® Oil mathematically normalized to the higher intakes of EPA and DHA from the fish oil.

Literature reference: Cook et al. (2016). Wax-ester rich oil from the marine crustacean Calanus finmarchicus is a bioavailable source of EPA and DHA for human consumption. Lipids, 51 (10) 1137-1144