



## LET'S KNOW ABOUT VESTIGE PRIME KRILL OIL

A natural dietary supplement for our health,  
from the pristine waters of Antarctica

# NUTRITION PLAYS A VITAL ROLE IN OUR HEALTH

## WHAT DOES IT MEAN TO BE HEALTHY?

More and more people take a holistic approach towards their health and ensure the best ways to stay healthy. The most common perceptions of being healthy are:

- ✓ *Mental wellbeing*
- ✓ *Feeling “good”*
- ✓ *Getting enough sleep*
- ✓ *Absence of disease*



Our body needs to cope with stress, busy lifestyles, threat of pathogens, daily performance at work and with our family, and everything in between.

## WHAT DO PEOPLE DO TO STAY HEALTHY?

There are many strategies to maintain good health, with the foundation being good nutrition and regular exercise. Our bodies need an optimal amount of nutrients to help us get the most out of everyday and stay healthy throughout life.

## DID YOU KNOW?

Many consumers think they get enough nutrients in their diet, however, research shows\*:

Omega-3 intakes in India is among lowest in the world

India's Omega-3 deficiency is declared as public health crisis

## HOW CAN DIETARY SUPPLEMENTS HELP?



Dietary supplements are an effective strategy to get enough of the right nutrients, in addition to a healthy diet, to enable us to stay healthy and maintain good overall health.

\*<https://www.nutraingredients-asia.com/Article/2016/08/23/India-s-omega-3-deficiency-a-potential-public-health-crisis>

VESTIGE

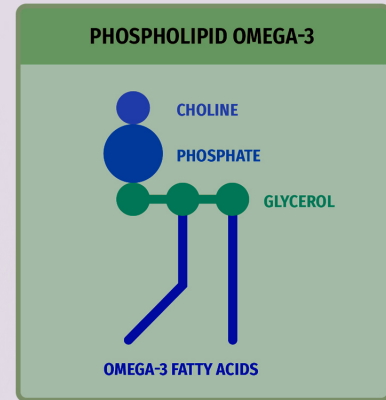
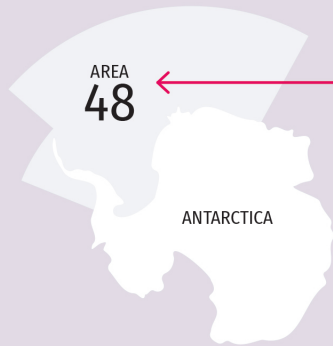
PRIME



# WHAT IS VESTIGE PRIME KRILL OIL? HOW DOES IT SUPPORT YOUR HEALTH?

Vestige Prime Krill Oil is a marine phospholipid complex of omega-3s (EPA & DHA) and choline with proven benefits for supporting our health.

A natural dietary supplement  
extracted from Antarctic Krill!



## Vestige Prime Krill Oil Nutrients to Support Your Health



### PHOSPHOLIPIDS

Helps with uptake and transport of nutrients into the body's cells



### OMEGA-3

Helps to keep all the cells in your body work efficiently



### CHOLINE

Many functions including supporting muscle and liver function



### ASTAXANTHIN

Naturally protects the oil from oxidation - no artificial preservatives needed

# WHY CHOOSE VESTIGE PRIME KRILL OIL?

Vestige Prime Krill Oil is a natural multi-nutrient supplement that gives you vital nutrients to support your health. **This makes krill oil a great option when compared to a single-nutrient supplement**



**OMEGA-3s (EPA & DHA)**



**CHOLINE**



**PHOSPHOLIPIDS**



**ASTAXANTHIN**



## GOOD FOR YOUR HEART

Our heart is arguably our body's most important muscle! Omega-3 and choline both provide different mechanisms to help support your heart function and long-term maintenance. This gives krill a two-arm approach!



## GOOD FOR YOUR LIVER

Our liver is our body's central detoxification center and it helps primarily to filter and clean our blood. Choline in krill oil helps support this important liver function in addition to assisting with fat transport out of our liver and into our body for either storage or immediate use by our metabolism.



## GOOD FOR YOUR JOINTS

Our joints can be under a lot of pressure so it's important to make sure they are well taken care of. Krill oil may help improve joint pain symptoms by the inflammation reducing properties of omega-3s.





**VESTIGE**  
**PRIME**

## ...ONE PRODUCT, MANY HEALTH BENEFITS



### GOOD FOR YOUR BRAIN AND EYES

DHA is the most abundant omega-3 in both the brain and the eyes and it plays a vital role in their function and long-term health. We cannot synthesize enough DHA naturally so have to take supplementary DHA for maintaining healthy brain structure and function. Phospholipids help the uptake of omega-3 EPA and DHA into our cell membranes.



### GOOD FOR YOUR SKIN

Your skin is the first line of defense against environmental pollution, weather, and everything else we face in our day to day lives. Healthy skin starts from the inside out. Krill oil can help improve skin hydration and elasticity to keep our skin's natural barrier function intact and healthy. Omega-3s, choline, and phospholipids nourish our skin from within.



### ACTIVITY AND SPORTS PERFORMANCE

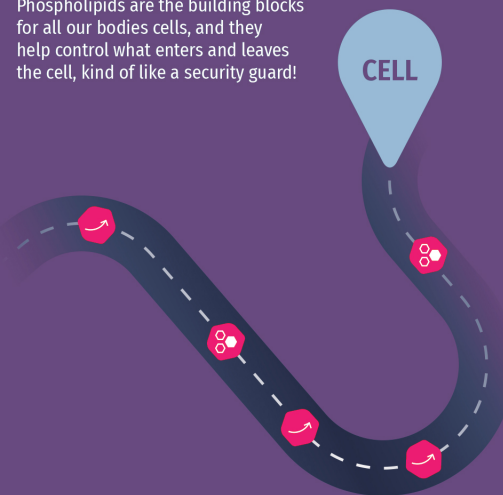
Whether you are looking to maximise your sports performance, or maintain a high level of activity throughout your busy day, krill oil provides the body with important nutrients to help your body perform at its best, everyday. Choline and omega-3s provide you with a powerful combination of optimal nutrients to support muscle function and keep your heart and liver healthy and ready for action.



## PHOSPHOLIPIDS THE “HIGHWAY TO CELL”

Phospholipids - sounds like a technical term, but their function is quite simple.

Phospholipids are the building blocks for all our bodies cells, and they help control what enters and leaves the cell, kind of like a security guard!



In Krill Oil, the phospholipids help to transport the omega-3 and choline around the body to the organs that need them the most, such as your heart, liver and other, just like an efficient delivery truck

The omega-3 and choline can then exert their beneficial effects as they should.

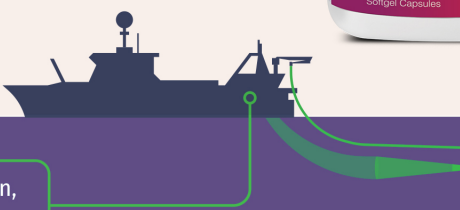
VESTIGE

PRIME

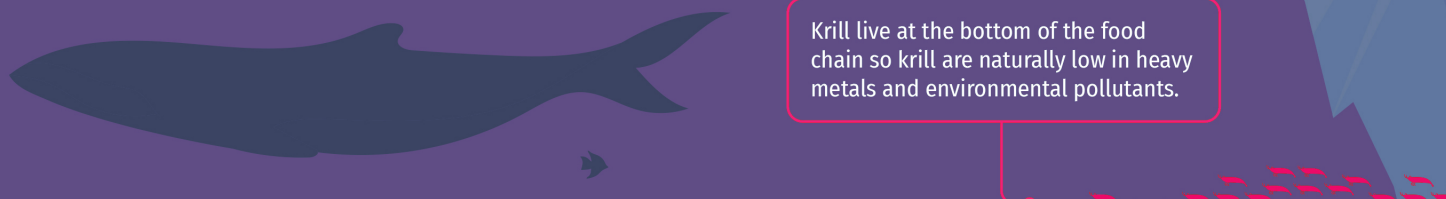


## VESTIGE PRIME KRILL OIL IS A PURE, NATURAL AND CLEAN SOURCE OF NUTRIENTS

Krill oil comes from one of the most sustainable fisheries in the world, from one of **the most pristine waters on earth**, the Antarctic Ocean.



Krill oil is extracted with minimal processing leaving a clean, natural product as close to nature as it can be.



Krill live at the bottom of the food chain so krill are naturally low in heavy metals and environmental pollutants.



A-rated by the SFP 6 years in a row,  
for most sustainable reduction fishery

## SOME HELPFUL TIPS

Nutrition advice tells us that we should get at least two servings a week of fatty fish. Vestige Prime Krill oil is a great way to boost your omega-3 and choline levels, in addition to a healthy diet.

› **SHOULD I TAKE IT WITH FOOD?**

You can take Vestige Prime Krill Oil with or without food at any time throughout your day.

› **DOES IT CONTAIN ALLERGENS?**

Vestige Prime Krill Oil is a crustacean shellfish so it should not be taken by those with a shellfish allergy. Our product is soy, gluten, and dairy/lactose free. Please be sure to read the label for allergen information.

› **VESTIGE PRIME KRILL OIL DURING PREGNANCY?**

EPA, DHA, and choline are vital nutrients during pregnancy and nursing. However, we recommend that you first consult with your physician or health practitioner before taking krill oil or any dietary supplement.

› **ARE VESTIGE PRIME KRILL OIL SUPPLEMENTS TAKING FOOD AWAY FROM THE WHALES?**

No – krill fisheries including ours are internationally regulated to ensure sustainability and healthy replenishment of the krill biomass. The harvesting quota – or how much krill we can catch – is less than 1% of the total krill biomass in the harvesting area. This leaves 99% for the species that feed on krill including whales and penguins!

› **IS IT VEGAN?**

No. Krill is a animal, specifically, a crustacean. Therefore, it is not suitable for vegans or vegetarians.

› **IS IT SAFE FOR CHILDREN?**

Vestige Prime Krill oil capsules have not been specifically developed for children and they may be difficult to swallow. Consult with your child's physician before taking krill oil capsules.

› **WHAT IF I AM TAKING OTHER MEDICATION?**

You should always consult your physician or health practitioner if you are taking medication and considering adding Vestige Prime krill oil capsules to your daily regimen.

### DID YOU KNOW?

..krill can lay 10,000 eggs several times per season

..krill swarms can be seen from space

..krill glow in the dark

SCAN ME



Follow the QR code to see video about Vestige Prime Krill Oil



Vestige Prime Krill oil is a great addition to your diet to support your health, offering a natural complex of phospholipid omega-3s, choline and astaxanthin. Besides that, it is a naturally pure and environmentally friendly source of nutrients.