

How To Get Krill Oil That Works

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What You're Looking For

Serving Size: The most common is 1,000 MG. Smaller isn't necessarily bad as long as the percentages of other ingredients holds up. But in most cases smaller serving size masks low quality and allows for a cheaper product.

Total Omega-3's: These are what make Krill oil so good for you.

Total Phospholipids: How much of your Omega-3's are in phospholipid form is also crucial. It's this form that makes the Omega-3's in [Krill Oil better than those in fish oil](#). If the phospholipid count is too low you're dealing with some very poor quality Krill Oil. Might as well just stick to fish oil.

EPA and DHA: These are the specific Omega-3's that deliver the big health benefits. More is better. Less is... well, less. And it's also less quality most of the time.

Astaxanthin: The super-antioxidant that sets Krill Oil apart from fish oil. [Astaxanthin](#) is just an amazing powerhouse, and the higher the number here also the better.

Checklist:

- ___ 1,000 MG Serving Size
- ___ 400 MG+ Phospholipids
- ___ 300 MG+ Omega-3
- ___ 150 MG EPA
- ___ 90 MG DHA
- ___ 1.5 MG+ Astaxanthin

Our Recommendation:



Red Whale Krill Oil™ Meets or Exceeds The Above Requirements:

- 420 MG Phospholipids
- 300 MG Omega-3
- 150 MG EPA/ 90 MG DHA
- **2.5 MG Astaxanthin**

The most powerful krill oil available! [Order Red Whale Krill Oil Today!](#)