

Dosages Consistent with Clinical Research

Not all formulas on the market use meaningful dosages of key ingredients. What sets QOL Labs' formulas apart is that we take only clinically researched ingredients for specific health conditions and formulate them into products consistent with suggested dosages.

Ingredient	Daily Dose Used in Human Studies	Daily Dose Used in OmegaPL™ [§]
Neptune Krill Oil™	300 mg–3,000 mg	500 mg

[§]Serving size: 1 softgel • Daily dose: 1 softgel

Supplement Facts

Serving Size: 1 softgel

Servings Per Container: 30

Amount Per Serving	% Daily Value	
Calories	5 cal	0%
Calories from fat	5 cal	0%
Cholesterol	5 mg	2%
Neptune Krill Oil™	500 mg	†
Phospholipids	230 mg	†
Omega-3 fatty acids	125 mg	†
EPA	60 mg	†
DHA	35 mg	†
Choline	28 mg	†
Astaxanthin (esterified)	0.5 mg	†

* Percent values based on a 2,000-calorie diet.

† Daily value not established.

Other ingredients: softgel (bovine gelatin, glycerin, purified water, sorbitol, ethyl vanillin).

Contains krill (crustacean shellfish), fish (tilapia) gelatin.

NKO® is a registered trademark of Neptune Technologies & Bioresources Inc.

This product is gluten-free.



Our Commitment to Clinical Efficacy

Every ingredient validated by human studies.
Every dosage consistent with clinical research.
No exceptions. No compromises.

QOL Labs®, LLC

2975 Westchester Ave • Purchase, NY 10577

914.251.0981 • www.qollabs.com • info@qollabs.com

OmegaPL™

QOL LABS®

Omega-3
Phospholipids
from Neptune Krill Oil™

Promotes heart, joint & cognitive health*
Delivers omega-3 EPA/DHA fatty acids
2.6 times more bioavailable than fish oil

* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

The Importance of Omega-3 Fatty Acids

Omega-3 fatty acids are good for you fats that are as critical to your health as vitamins and minerals. Research has shown they're particularly important for protecting cardiovascular health and improving joint function.* Because the body can't synthesize omega-3s, the only way to get them is through the diet.

What Is Neptune Krill Oil?

Krill are tiny bright-pink crustaceans that live in the pure waters of the Antarctic Ocean. Krill are so plentiful, if you put them together on one big scale, they'd weigh more than all the humans on earth.

Extracted through a unique cold-vacuum process that preserves all of the biological properties and nutritional value of krill, Neptune Krill Oil (NKO) contains 30 percent omega-3 fatty acids, 40 percent phospholipids, and 30 percent other oils and antioxidants, such as astaxanthin.

Fish, Flax, or Krill?

As vital as omega-3 fatty acids are, some of the most popular sources have significant drawbacks:

- Fresh fish may contain harmful contaminants such as heavy metals and PCBs
- Fish oil has a notoriously unpleasant taste and odor that many people find unpalatable
- Flaxseed does not contain omega-3s in the body-ready form of EPA/DHA

The good news is that OmegaPL™ provides all the benefits of omega-3 fatty acids with none of the drawbacks!

Advantages of NKO Over Fish Oil

1. Better absorption: The EPA and DHA in NKO are mainly bonded to phospholipids giving it significantly greater bioavailability than fish-oil where the EPA and DHA are bonded to triglycerides.

2. Better efficacy. A recent randomized, placebo-controlled human clinical trial found NKO was significantly better than fish oil at maintaining cholesterol and triglyceride levels within the normal range.*

3. Better antioxidant activity. Because NKO naturally contains astaxanthin, it naturally contains higher antioxidant activity than fish oil. In fact, independent testing reveals the antioxidant power of NKO is 48 times greater than fish oil.

4. Better taste. Fish oil is notorious for having an unpleasant fishy taste and odor. Since NKO isn't from fish, it doesn't taste like fish! That means it goes down easy.

5. Better purity. Unlike some brands of fish oil, which were recently shown to exceed the daily limit of PCBs set by California's Proposition 65, NKO tests below the strictest detection limits for PCBs.

6. Better sustainability. While fish oil production is putting pressure on global fish stocks, NKO is ecologically harvested from pure Antarctic krill. It is sourced from fisheries that follow the Antarctic Treaty rules and respect the annual capture quota of the Commission for the Conservation of Antarctic Marine Living Resources.



Clinically Tested Benefits of NKO®

May Reduce the Risk of Coronary Heart Disease*

Supportive but not conclusive research shows that consumption of EPA and DHA omega-3 fatty acids may reduce the risk of coronary heart disease.

A recent placebo-controlled human clinical trial tested the effects of 1 gram (1,000 mg) of NKO per day on blood lipid levels for a three-month period. NKO was not only found to be effective at maintaining total cholesterol, LDL cholesterol, HDL cholesterol, and triglyceride levels within the normal range — it was also significantly more effective than fish oil.*

Increases Joint Flexibility and Function*

Another placebo-controlled human study investigated NKO's ability to influence joint health. After just seven days at a low dosage of 300 mg per day, Omega PL™ was shown to reduce joint discomfort by 29 percent, increase joint flexibility by 20 percent, and improve joint function by 23 percent compared with placebo.*

It's the Structure!

Researchers attribute NKO's efficacy to its unique structure. NKO contains EPA/DHA bonded to phospholipids — not triglycerides (like fish oil). This strongly facilitates the passage of the omega-3 molecules through the cell walls (which are made of phospholipids), thereby increasing absorption.

* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.