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Cardiovascular disease is the [global leading cause of death](#), accounting for more than 18.6 million deaths in 2019 worldwide. Along with being the leading cause of death, heart disease and stroke are major causes of disability and soaring health costs around the world.

There are over 520 million people globally living with cardiovascular disease daily, making it one of the most important and relevant threats our health and our healthcare systems.

And it is almost entirely preventable.

Maintain a healthy heart throughout life

Our heart is arguably our body's most important muscle, working continuously, from the moment it starts for the duration of your lifetime. The [main function of the heart](#) is to pump oxygenated blood, along with hormones and other vital nutrients, around the body from head to toe through a network of blood vessels like arteries and veins.

One might say the heart is the powerhouse to your whole body, and it is therefore important to give the heart what it needs and to create an environment where it can thrive! There are many things you can do regularly to support your heart:

Eat a healthy diet.

Limiting alcohol, smoking and other habits that are detrimental to health. Eating a varied diet including lots of nutritious foods like fruits, vegetables, whole grains and healthy fats sources like nuts, seeds, avocados and fish.

Exercise

Like all our muscles, our heart loves to be trained. Raising your heart rate several times a week during moderate exercise helps to keep the heart strong, working properly and in good shape for a long and healthy life.

Supplementation

It can be smart to be proactive about your heart health and this is where [supplementation](#) can really make a difference. A recently published [meta-analysis](#) of studies concluded that omega-3 fatty acid (EPA and DHA) intake reduced cardiovascular mortality and improved cardiovascular outcomes.

Krill oil omega-3 phospholipids have heart health benefits

[Krill oil](#) is a supplement obtained from Antarctic Krill containing omega-3 fatty acids (EPA & DHA), choline and phospholipids, three nutrients that help support the functioning of a healthy heart.

[Read more about how choline and omega-3 phospholipids support heart function](#)

Krill oil has been extensively studied for a wide range of health benefits, and due to the naturally occurring choline and omega-3 levels in krill oil, it is most widely known for its heart health promoting properties.

Krill oil has been shown in several published clinical trials to improve 3 markers of heart health associated with cardiovascular disease.

1. Krill oil raises the Omega-3 Index level in your body

Krill oil has been shown in several studies to significantly raise the levels of omega-3 fatty acids, specifically EPA and DHA, in red blood cell membranes. An Omega-3 Index of 8% or above is the optimal range, widely demonstrated to be optimal for healthy heart function. Raising your blood levels of these much-needed omega-3 fatty acids is vital, and unfortunately, the majority of the world's population is below this level due to lack of omega-3 EPA and DHA sources in the diet, like oily fish. This is where supplementation is a smart option.

[Krill oil significantly raises your Omega-3 Index levels](#) in just 30 days.

2. Krill oil may reduce cholesterol levels

It is well established that high levels of circulating cholesterol can be detrimental for our heart health. A double-blind, randomized, prospective study by Bunea et al. found a [significant reduction in LDL “bad” cholesterol](#) and an increase in HDL “good” cholesterol after 12 weeks of krill oil supplementation. A 2016 double-blind, randomized clinical trial showed that [krill oil significantly raised HDL “good” cholesterol](#) levels further confirming the beneficial effect.

3. Krill oil may reduce fasting triglycerides

High levels of fasting triglycerides in the blood plasma are associated with an increased risk for cardiovascular disease and problem with the body's heart systems. This is often a measure that is used by general practitioners to give an indication of the health of the cardiovascular system.

A study by Berge et al in 2014 showed that [krill oil significantly reduced fasting triglycerides](#) over a period of 12 weeks. Similarly, a study in 2016 found that krill oil was able to significantly lower fasting triglycerides after 4 weeks with as little as 2 capsules of 500mg krill oil per daily dose.

Krill oil contains heart healthy omega-3s and choline to help support your heart with several studies documenting the benefits of supplementation on several markers of cardiovascular disease.

Approved heart health claims around the world

Omega-3 (EPA & DHA) and choline in krill oil have together 3 approved EU Approved Health Claims for heart health. Furthermore, the FDA in the USA has approved a heart health claim for EPA & DHA which further demonstrates the confidence in the science that omega-3 fatty acids and choline are beneficial for our heart health.

Read more about the [HEALTH CLAIMS for krill oil and heart health](#)

Krill oil's health benefits extend beyond just heart health, offering [multiple health benefits](#) from head-to-toe.