



# Miracle Mutton Bird

The Muttonbird or Short-tailed Shearwater, *Puffinus tenuirostris*, exclusively breeds in Australia and is arguably Australia's most abundant seabird. A migratory bird it journeys a remarkable 15,000km migration from the northern hemisphere to Island breeding sites in the Bass Strait and the south-east seas of the continent. Tasmanian Aboriginal people have hunted and eaten mutton birds for more than 10,000 years. The English name "muttonbird" originated among Norfolk Island settlers as the strong taste and fattiness of these birds' meat resembled mutton.

Mutton bird oil is rich in Omega-3 fatty acids (24.9% of total fatty acids ) and possesses many therapeutic benefits. Based on its extremely high omega-3 fatty acid content, including EPA and DHA, it was concluded that the consumption of 1 g oil per day would provide approximately 160 mg omega-3 fatty acids per day, thereby doubling a typical Australian's omega-3 fatty acid intake (Woodward et al. 1995). The rich red colour of the oil indicates a high content of valuable astaxanthin due to their diet high in krill.

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*The wild pristine Bass Strait Islands breeding grounds for mutton birds*



*The Mutton bird or Short-tailed Shearwater, Puffinus tenuirostris*

The Omega 3 family is found in both land plant life and our oceans. Marine Omega's are found in birds that feed mainly from the sea. **These marine Omega 3's have recognition within medical circles as being the most potent of the omega 3 family.**

The two marine acids of most importance to human health according to medical research are Eicosapentaenoic acid also known as EPA and Docosahexaenoic acid also known as DHA. The other relative important aspect about these marine omega 3 acids is they are normal constituents of our cells, for example they are in the brain cells, nerve relay stations, retina's and adrenal glands to name a few.

Mutton Bird Oil may assist with:

- 1. Healthy heart** - assists with circulation
- 2. Healthy joints** - with an increase in joint comfort.
- 3. Promotes skin health.**
- 4. Brain and nervous system** function and development.
- 5. Healthy liver** function.
- 6. Helps immune system.**



# Natural Omega Superfood

The main diet of Mutton Bird is krill. Krill oil is a very rich source of Omega 3 and contains very powerful anti-oxidants. The properties of Omega Wild oil is from the birds diet. Adult birds skim the seas collecting krill to take back to their nestlings located in the Bass Strait Island's. Krill are tiny sea organisms that secrete an oil 250 times richer in Vitamins than natural butter. When the parents embark on their migratory flight to the arctic region, their young birds are without food for about 2 weeks. The chicks are sustained during this period with an outside covering of fat and the ball of fat in its crop and this also enables them to build the stamina necessary to follow the Adults on the 15,000 kilometre flight. Some of these young birds are harvested by local indigenous communities, the oil extracted from the body and their meat is processed. The Oil is extracted naturally without any heat or unnatural process

Mutton bird oil is rare and can only be sourced in certain parts of the year, which makes it a valuable food source. Rich in essential nutrients including protein, minerals, vitamins and very rich in essential fatty acids such as Omega 3 DHA and EPA



## Astaxanthin – the secret sauce!

A primary dietary source of mutton birds is Antarctic krill (*Euphausia superba*) contains high levels of natural Astaxanthin. Astaxanthin acts as a highly effective antioxidant to protect the oil from oxidation

### Immune System Support

Astaxanthin can influence immune system, helping to activate white blood cells (T-cells) and natural killer (NK) cells.

### Reduction in Inflammation

Along with boosting immune system, astaxanthin may also help to reduce inflammation. In particular, this pigment acts on reactive oxygen species to reduce proteins that can cause inflammatory diseases like celiac disease, rheumatoid arthritis, heart disease, and diabetes.

### Brain & Organ Support

Carotenoids have a positive effect on the brain by reducing the risks for neurodegenerative diseases. Astaxanthin is a smaller molecule, which means it can cross the blood-brain barrier and add protection for your brain as well as your body's organs



## Dosage

Administer orally or mix with food.  
*For inflammatory conditions dose  
May be increased to daily.*

For the first 7-10 days: 1 tablespoon daily

### Maintenance dose

Small-Medium dogs: 2.0mL (1/2 tsp)  
Larger dogs 5ml per 15 kg every second day

### Kittens and puppies

Approx 2 ml in their food every second day

Need more assistance? Call (02)4620 7660 or email [raw@rogueroyalty.com.au](mailto:raw@rogueroyalty.com.au)

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