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Hellenia is a UK based supplement manufacturer. It is widely famous for the supply of world class supplements. The company not only provides highest quality products but also offer them at very reasonable rates. Hellenia uses purest ingredients for all the supplements and also maintains complete quality control during the whole manufacturing process. You will get a wide range of health supplements at Hellenia. These supplements include krill oil, serrapeptase, glucosamine sulphate, celadrin, glucosamine and many sports supplements. Hellenia never compromises on the quality of any of these products so you can easily avail them with full trust and reliability.

Krill oil is an amazing supplement offered by Hellenia. It is extracted from krill which is a shrimp like organism found in cold ocean areas like North Pacific and Antarctic oceans. It is a very rich source of omega 3 fatty acids. It also contains Docosahexanoic Acid (DHA) and Eicosapentanoic Acid (EPA) which are considered to be very essential nutrients for your body.

The level of fatty acids found in Krill oil is much higher than found in cod liver oil. It contains Vitamin A, Vitamin B, Vitamin D, Vitamin E, Selenium, magnesium, zinc, copper, manganese, iodine, potassium, iron, calcium and Canthaxanthin which is a very strong antioxidant. All these elements are found in very small and naturally balanced quantities which makes it very easily absorbable. The potency of krill oil as an antioxidant is found to be 48 times greater than fish oil. It is a perfect supplement for everyone as it has got all the important antioxidants, minerals, essential fatty acids and vitamins in a naturally balanced format.

Hellenia offers Krill oil in the form of capsules and it is recommended to take 1-2 capsules each day. Each 500 mg capsule of this supplement provides 60 mg of EPA, 27.5 mg of DHA and 40 mcg of Astaxanthin. DHA and EPA are considered to be the essential nutrients that can enhance the quality of your life. These nutrients exclusively function through cell membranes where they are mixed with phospholipid molecules. The DHA has been scientifically proven to be an essential nutrient for pre-natal and post-natal brain development. The EPA puts a positive impact on mood and overall human behavior. Both these nutrients are also effective in the treatment of Attention Disorder, Hyperactivity Disorder, Autism, Dyslexia, Dyspraxia and aggression.

Krill oil is very helpful in maintaining the sound cardiovascular health. Its regular intake reduces the cholesterol level of your body. It is also effective in reducing the symptoms of PMS. This supplement is an ideal treatment of chronic arthritis and inflammation symptoms. It is also an effective anti-aging formula. If you want to get benefit from these amazing features of Krill oil offered by Hellenia then you should visit <http://www.hellenia.co.uk>. The website provides very detailed information regarding all the supplements offered by the company. You can also try their other supplements like serrapeptase, glucosamine sulphate, celadrin, glucosamine and several sports supplements. An online order can be placed in order to get these useful supplements right at your doorstep.

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