

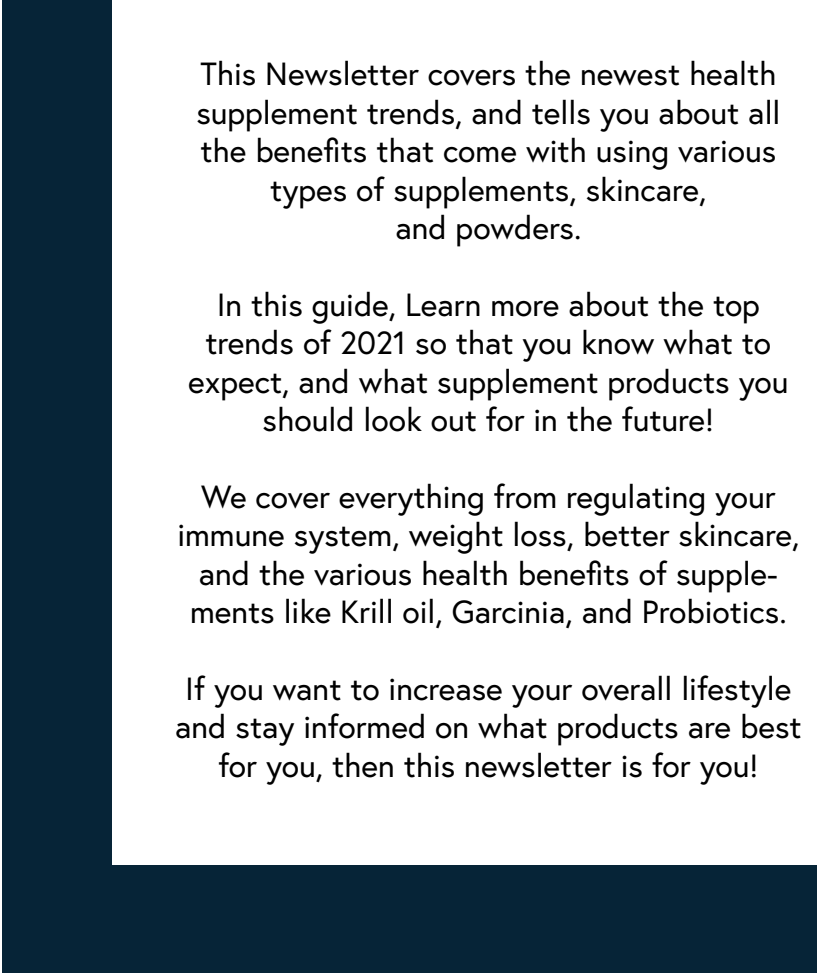
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This Newsletter covers the newest health supplement trends, and tells you about all the benefits that come with using various types of supplements, skincare, and powders.

In this guide, Learn more about the top trends of 2021 so that you know what to expect, and what supplement products you should look out for in the future!

We cover everything from regulating your immune system, weight loss, better skincare, and the various health benefits of supplements like Krill oil, Garcinia, and Probiotics.

If you want to increase your overall lifestyle and stay informed on what products are best for you, then this newsletter is for you!

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The Top Vitamin and Supplement Trends of 2021

With more people focused on improving their health and fitness, vitamin and supplement use has risen dramatically. In fact, the nutritional supplement industry observed its highest growth in over 2 decades, with a 12.1% increase in 2020.

This trajectory is expected to continue into 2021, with many people looking to support their health through supplements.

1. Stress

2020 was filled with stressful, life-changing events that led to an increase in mental health issues and stress across all age groups. As a result, many people are turning to supplements to support their mental health. In fact, a report by Coherent Market Insights anticipates a growth rate of 8.5% in the brain and mental health supplement market over the next 6 years.

Expect to see ingredients like magnesium, B-complex vitamins, L-theanine, melatonin, valerian, chamomile, and cannabidiol (CBD) become more popular, as they're linked to better sleep and lower levels of stress and anxiety. Furthermore, plant-based adaptogens have soared in popularity, as they may support the body's stress response. In particular, ashwagandha and rhodiola are popular Ayurvedic herbs that may lower anxiety, cortisol levels, and mild depressive symptoms.

Although these ingredients may benefit your mental health, you should always consult a healthcare provider before taking new supplements — especially if you're already on medications to treat depression, anxiety, or other mental illnesses.

2. Beauty support

Expect beauty and skin care supplements to grow significantly this year. Whether it be a scoop of collagen in a smoothie or a pinch of turmeric on a salad, treating skin issues from the inside out will be a growing priority. In fact, according to Google Ads, search inquiries for collagen increased 33% from March 2020 to December 2020, suggesting there's an increased interest in beauty as a subsection of the supplement industry. Top beauty-boosting ingredients include collagen peptides, vitamin C, omega-3s, hyaluronic acid, ceramides, and antioxidant-rich green tea and vegetable blends.

3. Immune health

The COVID-19 pandemic taught us all to prioritize our health. As such, there's been a 50% reported increase in consumers seeking out immune-supporting supplements. Expect to see supplements that contain ingredients like zinc, selenium, B complex vitamins, and vitamins C and D, as well as alternative health remedies like elderberry, echinacea, astragalus, turmeric, and ginger. It's important to note that despite their potential role in supporting immune health, no nutritional supplements have been shown to prevent or cure illnesses, such as COVID-19.

4. Vitamin D

Vitamin D continues to lead the charge as the top nutrient for overall health. It plays a key role in immunity, mental well-being, bone and skin health, and protecting against chronic disease. While your skin naturally produces vitamin D when exposed to the sun, concerns about ultraviolet (UV) rays and regional limitations to sunlight have led many consumers to supplement with vitamin D.

How Garcinia Cambogia Can Help You Lose Weight and Belly Fat

Garcinia cambogia is a popular weight loss supplement. It is derived from a fruit of the same name, also called Garcinia gummi-gutta or Malabar tamarind. The peel of the fruit contains high amounts of hydroxycitric acid (HCA), which is the active ingredient believed to be responsible for most of its weight loss benefits.

What Is Garcinia Cambogia?

Garcinia cambogia is a small, pumpkin-shaped, yellow or greenish fruit. The fruit is so sour that it is generally not eaten fresh but rather used in cooking. Garcinia cambogia supplements are made from extracts of the fruit's peel. The peel of the fruit contains high amounts of hydroxycitric acid (HCA), an active substance that has been shown to have some weight loss properties.

Can Cause Modest Weight Loss

Many high-quality human studies have tested the weight loss effects of garcinia cambogia. What's more, most of them indicate that the supplement can cause a small amount of weight loss. On average, garcinia cambogia has been shown to cause weight loss of about 2 pounds (0.88 kg) more than a placebo, over a period of 2–12 weeks.

How Does It Aid Weight Loss?

There are two main ways that garcinia cambogia is thought to aid weight loss.

1. May Reduce Your Appetite

Studies in rats show that those given garcinia cambogia supplements tend to eat less. Similarly, some human studies have found that garcinia cambogia suppresses appetite and makes you feel full. These effects may depend on each individual.

2. May Block Fat Production and Reduce Belly Fat

Most importantly, garcinia cambogia impacts blood fats and the production of new fatty acids. Human and animal studies show that it may lower high levels of fat in your blood and reduce oxidative stress in your body. One study also suggests it may be especially effective at reducing the accumulation of belly fat in people who are overweight. In one study, moderately obese people took 2,800 mg of garcinia cambogia daily for eight weeks and drastically improved several risk factors for disease:

- Total cholesterol levels: 6.3% lower
- "Bad" LDL cholesterol levels: 12.3% lower

- "Good" HDL cholesterol levels: 10.7% higher
- Blood triglycerides: 8.6% lower
- Fat metabolites: 125–258% more excreted in the urine

The main reason for these effects may be that garcinia cambogia inhibits an enzyme called citrate lyase, which plays an important role in the production of fat. By inhibiting citrate lyase, garcinia cambogia is thought to slow or block fat production in your body. This may reduce blood fats and lower your risk of weight gain — two major disease risk factors.

Other Health Benefits

Animal and test-tube studies suggest that garcinia cambogia may also have some anti-diabetes effects, including:

- Decreasing insulin levels
- Decreasing leptin levels
- Reducing inflammation
- Improving blood sugar control
- Increasing insulin sensitivity

Safety and Side Effects

Most studies conclude that garcinia cambogia is safe for healthy people in the recommended dosages, or up to 2,800 mg of HCA per day. People have also reported some side effects of using garcinia cambogia. The most common ones are:

- Digestive symptoms
- Headaches
- Skin rashes

However, some studies have indicated more serious side effects. Animal studies show that intake of garcinia cambogia far above the maximum recommended dosage can cause testicular atrophy, or shrinking of the testicles. Studies in rats show that it may also affect sperm production.

The Best Supplements to Boost Your Immune System Right Now

Your immune system consists of a complex collection of cells, processes, and chemicals that constantly defends your body against invading pathogens, including viruses, toxins, and bacteria. Keeping your immune system healthy year-round is key to preventing infection and disease. Making healthy lifestyle choices by consuming nutritious foods and getting enough sleep and exercise are the most important ways to bolster your immune system. In addition, research has shown that supplementing with certain vitamins, minerals, herbs, and other substances can help improve immune response and potentially protect against illness. Some supplements may not be appropriate for people with certain health conditions. Be sure to talk with a healthcare professional before starting any supplements.

1. *Vitamin D*

Vitamin D is a fat-soluble nutrient essential to the health and functioning of your immune system.

Vitamin D enhances the pathogen-fighting effects of monocytes and macrophages — white blood cells that are important parts of your immune defense — and decreases inflammation, which helps promote immune response. Many people are deficient in this important vitamin, which may negatively affect immune function. In fact, low vitamin D levels are associated with an increased risk of upper respiratory tract infections, including influenza and allergic asthma. Some studies show that supplementing with vitamin D may improve immune response.

2. *Zinc*

Zinc is a mineral that's commonly added to supplements and other healthcare products like lozenges that are meant to boost your immune system. This is because zinc is essential for immune system function. Zinc is needed for immune cell development and communication and plays an important role in inflammatory response. Zinc also specifically protects tissue barriers in the body and help prevent foreign pathogens from entering. A deficiency in this nutrient significantly affects your immune system's ability to function properly, resulting in an increased risk of infection and disease, including pneumonia.

Zinc deficiency affects around 2 billion people worldwide and is very common in older adults. In fact, up to 30% of older adults are considered deficient in this nutrient. Additionally, zinc demonstrates antiviral activity. Taking zinc long term is typically safe for healthy adults, as long as the daily dose is under the set upper limit of 40 mg of elemental zinc. Excessive doses may interfere with copper absorption, which could increase your infection risk.

3. *Vitamin C*

Vitamin C is perhaps the most popular supplement taken to protect against infection due to its important role in immune health. This vitamin supports the function of various immune cells and enhances their ability to protect against infection. It's also necessary for cellular death, which helps keep your immune system healthy by clearing out old cells and replacing them with new ones. Vitamin C also functions as a powerful antioxidant, protecting against damage induced by oxidative stress, which occurs with the accumulation of reactive molecules known as free radicals. Oxidative stress can negatively affect immune health and is linked to numerous diseases. Supplementing with vitamin C has been shown to reduce the duration and severity of upper respiratory tract infections, including the common cold. Regularly taking vitamin C supplements reduced common cold occurrence in individuals under high physical stress, including marathon runners and soldiers, by up to 50%.

All in all, these results confirm that vitamin C supplements may significantly affect immune health, especially in those who don't get enough of the vitamin through their diet.

Top 6 Benefits of Taking Collagen Supplements

Collagen is the most abundant protein in your body. It is the major component of connective tissues that make up several body parts, including tendons, ligaments, skin, and muscles. Collagen has many important functions, including providing your skin with structure and strengthening your bones. In recent years, collagen supplements have become popular. Most are hydrolyzed, which means the collagen has been broken down, making it easier for you to absorb. There are also several foods you can eat to increase your collagen intake, including pork skin and bone broth. Consuming collagen may have a variety of health benefits, from relieving joint pain to improving skin health.

1. Can improve skin health

Collagen is a major component of your skin. It plays a role in strengthening skin, plus may benefit elasticity and hydration. As you age, your body produces less collagen, leading to dry skin and the formation of wrinkles. However, several studies have shown that collagen peptides or supplements containing collagen may help slow the aging of your skin by reducing wrinkles and dryness. A study found that women who drank a beverage mixed with a collagen supplement daily for 12 weeks experienced increased skin hydration and a significant reduction in wrinkle depth compared with a control group. The wrinkle-reducing effects of collagen supplements have been attributed to their ability to stimulate your body to produce collagen on its own. Additionally, taking collagen supplements may promote the production of other proteins that help structure your skin, including elastin and fibrillin. There are also many anecdotal claims that collagen supplements help prevent acne and other skin conditions, but these are not supported by scientific evidence.

2. Helps relieve joint pain

Collagen helps maintain the integrity of your cartilage, which is the rubber-like tissue that protects your joints. As the amount of collagen in your body decreases as you get older, your risk of developing degenerative joint disorders such as osteoarthritis increases. Some studies have shown that taking collagen supplements may help improve symptoms of osteoarthritis and reduce joint pain overall. In one study, 73 athletes who consumed 10 grams of collagen daily for 24 weeks experienced a significant decrease in joint pain while walking and at rest, compared with a group that did not take it. Researchers have theorized that supplemental collagen may accumulate in cartilage and stimulate your tissues to make collagen. They have suggested this may lead to lower inflammation, better support of your joints, and reduced pain.

3. Could prevent bone loss

Your bones are made mostly of collagen, which gives them structure and helps keep them strong. Just as the collagen in your body deteriorates as you age, so does bone mass. This may lead to conditions like osteoporosis, which is characterized by low bone density and linked to a higher risk of bone fractures. Studies have shown that taking collagen supplements may have certain effects in the body that help inhibit the bone breakdown that leads to osteoporosis. In one study, women took either a calcium supplement combined with 5 grams of collagen or a calcium supplement and no collagen daily for 12 months. By the end of the study, the women taking the calcium and collagen supplement had significantly lower blood levels of proteins that promote bone breakdown than those taking only the calcium. These results are promising, but more human studies are needed before the role of collagen supplements in bone health can be confirmed.

4. Could boost muscle mass

Between 1–10% of muscle tissue is composed of collagen. This protein is necessary to keep your muscles strong and functioning properly. Studies suggest that collagen supplements help boost muscle mass in people with sarcopenia, the loss of muscle mass that happens with age. In one study, 27 frail men took 15 grams of collagen while participating in an exercise program daily for 12 weeks. Compared with men who exercised but did not take collagen, they gained significantly more muscle mass and strength. Researchers have suggested that taking collagen may promote the synthesis of muscle proteins like creatine, as well as stimulate muscle growth after exercise. More research is necessary to investigate collagen's potential to boost muscle mass.

5. Promotes heart health

Researchers have theorized that taking collagen supplements may help reduce the risk of heart-related conditions. Collagen provides structure to your arteries, which are the blood vessels that carry blood from your heart to the rest of your body. Without enough collagen, arteries may become weak and fragile. This may lead to atherosclerosis, a disease characterized by the narrowing of the arteries. Atherosclerosis has the potential to lead to heart attack and stroke. In one study, 31 healthy adults took 16 grams of collagen daily for 6 months. By the end, they had experienced a significant reduction in measures of artery stiffness, compared with before they started taking the supplement. Additionally, they increased their levels of HDL "good" cholesterol by an average of 6%. HDL is an important factor in the risk of heart conditions, including atherosclerosis.

6. Other health benefits

Collagen supplements may have other health benefits, but these have not been studied extensively.

Hair and nails.

Taking collagen may increase the strength of your nails by preventing brittleness. Additionally, it may stimulate your hair and nails to grow longer.

Gut health.

Although there is no scientific evidence to support this claim, some health practitioners promote the use of collagen supplements to treat intestinal permeability, or leaky gut syndrome.

Brain health.

No studies have examined the role of collagen supplements in brain health. However, some people claim they improve mood and reduce symptoms of anxiety.

Weight loss.

Some believe that taking collagen supplements may promote weight loss and a faster metabolism. There have not been any studies to support these claims.

11 Reasons to Add Vitamin C Serum to Your Skin Care Routine

What's a vitamin C serum? If you have your head in the skin care game, you've likely heard of vitamin C serums. Vitamin C is touted as one of the best anti-aging ingredients on the market — and the key to maintaining a smooth, even, and glowy complexion. Although you're probably getting vitamin C in your diet, there's no way to guarantee that it's going straight to your skin. Using serums and other topical products is the most direct way to reap these benefits.

1. It's safe for most skin types

Vitamin C has an excellent safety profile. Most people can use topical vitamin C for an extended period of time without experiencing any adverse reactions. In rare cases, people who have hypersensitive skin may experience minor irritation. Vitamin C is also safe to use in conjunction with other skin care actives, including alpha hydroxy acids, retinols, and SPF.

2. It's hydrating

Magnesium ascorbyl phosphate, one of the main vitamin C derivatives used in skin care, has been shown to have a hydrating effect on skin. It decreases transepidermal water loss, allowing your skin to better retain moisture.

3. It's brightening

Vitamin C can help fade pigmentation (more on this below!) and smooth the skin's surface to reduce dullness. This gives skin a youthful glow.

4. It helps reduce redness and even out your skin tone

Vitamin C has also been shown to treat a huge variety of inflammatory skin conditions. Minimizing redness can create a more even complexion.

5. It helps fade hyperpigmentation

Hyperpigmentation — including sun spots, age spots, and melasma — occurs when melanin is overproduced in certain areas of the skin. It can also happen in areas where acne has healed. Vitamin C application has been shown to impede melanin production. This can help fade dark spots and lead to a more even-toned complexion. Dealing with acne? Vitamin C isn't your only option. Learn more.

6. It reduces the appearance of under-eye circles

These serums can help smooth out fine lines by plumping and hydrating the under-eye area. Although vitamin C is more effective at reducing overall redness, some people say that it can help alleviate discoloration associated with under-eye circles.

7. It promotes collagen production

Vitamin C is well known for boosting collagen production. Collagen is a naturally occurring protein that depletes over time. Lower levels of collagen can lead to fine lines and wrinkles.

8. It may help prevent skin sagging

Collagen production is tied to skin elasticity and firmness. When your collagen levels begin to drop, your skin may begin to sag. Applying a vitamin C serum may boost collagen production, resulting in an overall tightening effect.

9. It protects against sun damage

Sun damage is caused by molecules called free radicals. These are atoms with a missing electron. Free radicals search for other atoms from which they can "steal" an electron —and this can lead to significant damage to the skin. Vitamin C is rich in antioxidants. Antioxidants protect healthy skin cells by "giving" these free radicals an electron, rendering them harmless.

10. It may help soothe sunburns

In addition to minimizing redness, vitamin C accelerates cell turnover. This replaces the damaged cells with healthy new ones.

11. And it generally helps boost wound healing

Given its effects on sunburn, it should be no surprise that vitamin C application can speed up overall wound healing. Healthy wound healing reduces your risk for inflammation, infection, and scarring.

8 Health Benefits of Probiotics

Probiotics are live microorganisms that can be consumed through fermented foods or supplements. More and more studies show that the balance or imbalance of bacteria in your digestive system is linked to overall health and disease. Probiotics promote a healthy balance of gut bacteria and have been linked to a wide range of health benefits. These include benefits for weight loss, digestive health, immune function and more.

1. Probiotics Help Balance The Friendly

Bacteria in Your Digestive System
Probiotics include "good" bacteria. These are live microorganisms that can provide health benefits when consumed. These benefits are thought to result from the ability of probiotics to restore the natural balance of gut bacteria. An imbalance means there are too many bad bacteria and not enough good bacteria. It can happen due to illness, medication such as antibiotics, poor diet and more. Consequences can include digestive issues, allergies, mental health problems, obesity and more. Probiotics are usually found in fermented foods or taken as supplements. What's more, they appear to be safe for most people.

2. Probiotics Can Help Prevent and Treat Diarrhea

Probiotics are widely known for their ability to prevent diarrhea or reduce its severity. Diarrhea is a common side effect of taking antibiotics. It occurs because antibiotics can negatively affect the balance of good and bad bacteria in the gut. Several studies suggest probiotic use is associated with a reduced risk of antibiotic-associated diarrhea. In one study, researchers found that taking probiotics reduced antibiotic-associated diarrhea by 42%. Probiotics can also help with other forms of diarrhea not associated with antibiotics. A large review of 35 studies found certain strains of probiotics can reduce the duration of infectious diarrhea by an average of 25 hours. Probiotics reduced the risk of travelers' diarrhea by 8%. They also lowered the risk of diarrhea from other causes by 57% in children and 26% in adults. Effectiveness varies, depending on the type and dose of the probiotic taken. Strains such as *Lactobacillus rhamnosus*, *Lactobacillus casei* and the yeast *Saccharomyces boulardii* are most commonly associated with a reduced risk of diarrhea.

3. Probiotic Supplements Improve Some Mental Health Conditions

An increasing number of studies link gut health to mood and mental health. Both animal and human studies find that probiotic supplements can improve some mental health disorders. A review of 15 human studies found supplementing with *Bifidobacterium* and *Lactobacillus* strains for 1–2 months can improve anxiety, depression, autism, obsessive-compulsive disorder (OCD) and memory. One study followed 70 chemical workers for 6 weeks. Those who consumed 100 grams of probiotic yogurt per day or took a daily probiotic capsule experienced benefits for general health, depression, anxiety and stress. Benefits were also seen in a study of 40 patients with depression. Taking probiotic supplements for 8 weeks decreased depression levels and reduced levels of C-reactive protein (a marker of inflammation) and hormones such as insulin, compared to people who did not take a probiotic.

4. Certain Probiotic Strains Can Help Keep Your Heart Healthy

Probiotics may help keep your heart healthy by lowering LDL ("bad") cholesterol and blood pressure. Certain lactic acid-producing bacteria may reduce cholesterol by breaking down bile in the gut. Bile, a naturally occurring fluid mostly made of cholesterol, helps digestion. By breaking down bile, probiotics can prevent it from being reabsorbed in the gut, where it can enter the blood as cholesterol. A review of 5 studies found that eating a probiotic yogurt for 2–8 weeks reduced total cholesterol by 4% and LDL cholesterol by 5%. Another study conducted over 6 months found no changes in total or LDL cholesterol. However, the researchers did find a small increase in HDL ("good") cholesterol. Consuming probiotics may also lower blood pressure. A review of 9 studies found that probiotic supplements reduce blood pressure, but only modestly. In order to experience any benefits related to blood pressure, supplementation had to exceed 8 weeks and 10 million colony-forming units (CFUs) daily.

6. Probiotics Can Help Reduce Symptoms of Certain Digestive Disorders

Over one million people in the US suffer from inflammatory bowel disease, including ulcerative colitis and Crohn's disease. Certain types of probiotics from the Bifidobacterium and Lactobacillus strains have improved symptoms in people with mild ulcerative colitis. Surprisingly, one study found that supplementing with the probiotic E. coli Nissle was just as effective as drugs in maintaining remission in people with ulcerative colitis. However, probiotics appear to have little effect on symptoms of Crohn's disease. Nevertheless, probiotics may have benefits for other bowel disorders. Early research suggests they may help with symptoms of irritable bowel syndrome (IBS). They have also been shown to reduce the risk of severe necrotizing enterocolitis by 50%. This is a fatal bowel condition that occurs in premature infants.

5. Probiotics May Reduce the Severity of Certain Allergies and Eczema

Certain probiotic strains may reduce the severity of eczema in children and infants. One study found eczema symptoms improved for infants fed probiotic-supplemented milk, compared to infants fed milk without probiotics. Another study followed children of women who took probiotics during pregnancy. Those children had an 83% lower risk of developing eczema in the first two years of life. However, the link between probiotics and reduced eczema severity is still weak and more research needs to be done. Some probiotics may also reduce inflammatory responses in people with milk or dairy allergies.

7. Probiotics May Help Boost Your Immune System

Probiotics may help give your immune system a boost and inhibit the growth of harmful gut bacteria. Also, some probiotics have been shown to promote the production of natural antibodies in the body. They may also boost immune cells like the IgA-producing cells, T lymphocytes and natural killer cells. Another study including over 570 children found that taking Lactobacillus GG reduced the frequency and severity of respiratory infections by 17%.

8. Probiotics May Help You Lose Weight and Belly Fat

Probiotics may help with weight loss through a number of different mechanisms. For example, some probiotics prevent the absorption of dietary fat in the intestine. The fat is then excreted through feces rather than stored in the body. Probiotics may also help you feel fuller for longer, burn more calories and store less fat. This is partly caused by increasing levels of certain hormones, such as GLP-1. They may also help with weight loss directly. In one study, dieting women who took Lactobacillus rhamnosus for 3 months lost 50% more weight than women who didn't take a probiotic. Another study of 210 people found that taking even low doses of Lactobacillus gasseri for 12 weeks resulted in an 8.5% reduction of belly fat.

Krill Oil vs Fish Oil: Which Is Better for You?

Fish oil, which is derived from fatty fish like anchovies, mackerel and salmon, is one of the most popular dietary supplements in the world. Its health benefits primarily come from two types of omega-3 fatty acids — eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA). Both have been shown to improve heart and brain health, among other benefits. Recently, a supplement called krill oil has emerged as another product rich in EPA and DHA. Some people even claim that krill oil offers more benefits than fish oil.

What Is Krill Oil?

Most people are familiar with fish oil, but fewer people know about krill oil supplements. Krill oil is derived from tiny crustaceans called Antarctic krill. These sea creatures are a dietary staple for many animals, including whales, seals, penguins and other birds. Like fish oil, krill oil is rich in EPA and DHA, the two types of omega-3 fatty acids that provide most of its health benefits. However, the fatty acids in krill oil are structurally different than those in fish oil, and this may impact the way the body uses them. Krill oil also looks different than fish oil. While fish oil is typically a shade of yellow, a naturally occurring antioxidant called astaxanthin gives krill oil a reddish color.

Your Body May Absorb Krill Oil Better

While fish oil and krill oil are both excellent sources of EPA and DHA, some studies suggest that the body may absorb and use the fatty acids in krill oil better than those in fish oil. The fatty acids in fish oil are found in the form of triglycerides. On the other hand, much of the fatty acids in krill oil are found in the form of phospholipids, which many experts believe helps increase their absorption and effectiveness. One study gave participants either fish or krill oil and measured the levels of fatty acids in their blood over the next several days. Over 72 hours, blood concentrations of EPA and DHA were higher in those who took krill oil. These results suggest that participants absorbed the krill oil better than the fish oil. Another study gave participants either fish oil or about two thirds the same amount of krill oil. Both treatments increased blood levels of EPA and DHA by the same amount, even though the dose of krill oil was lower. However, several experts have reviewed the literature and concluded that there is not sufficient evidence to prove that krill oil is absorbed or used any better than fish oil.

Krill Oil Contains More Antioxidants

Antioxidants help protect the body from oxidative stress, a type of cell damage caused by molecules called free radicals. Krill oil contains an antioxidant called astaxanthin, which is not found in most fish oils. Many people claim that the astaxanthin in krill oil protects it from oxidation and keeps it from going rancid on the shelf. However, no definitive research has confirmed this claim. However, research has demonstrated that astaxanthin's antioxidant and anti-inflammatory properties may provide some heart health benefits. For example, one study showed that isolated astaxanthin lowered triglycerides and increased "good" HDL cholesterol in people with mildly elevated blood lipids. Nevertheless, this study provided astaxanthin in much larger doses than those you would typically get from krill oil supplements. It is unclear if smaller amounts would provide the same benefits.

Krill Oil May Improve Heart Health More Than Fish Oil

Fish oil is best known for its beneficial effects on heart health, but several studies have demonstrated that krill oil can also improve heart health, possibly to a greater extent. One study had participants with high blood cholesterol take either fish oil, krill oil or a placebo daily for three months. Doses varied based on body weight. It found that both fish oil and krill oil improved several heart disease risk factors. However, they also found that krill oil was more ef-

fective than fish oil at lowering blood sugar, triglycerides and "bad" LDL cholesterol. Perhaps even more interestingly, the study found that krill oil was more effective than fish oil, even though it was given at lower doses. It is worth mentioning that this is only one study. Therefore, more research is needed to compare the effects of krill oil and fish oil on heart health.

Should You Take Krill Oil or Fish Oil?

Overall, both supplements are great sources of omega-3 fatty acids and have quality research to support their health benefits. Some evidence suggests that krill oil may be more effective than fish oil at improving several risk factors for heart disease. However, this research is very limited, and no additional studies have confirmed that one is superior to the other. Because of the extreme difference in price and limited research showing one is better than the other, it may be most reasonable to supplement with fish oil. Although, you may want to consider taking krill oil if you have the extra income to spend and want to follow the limited research that suggests krill oil is better absorbed and may have greater heart health benefits. It's important to note that fish and krill oil may affect blood clotting, so if you are currently taking blood-thinning medications or have a blood disorder, talk to your health care provider before you take either of these supplements. Also, make sure you talk to your health care provider if you have any history of fish or shellfish allergies.

What Happens to Your
Body When You Eat
Superfood Powder
Every Day

One walk down a supplement aisle and you will be sure to find a sea of green powders, beet-root powders, and many many other powders on the shelves. Superfood powders are exactly what the name implies: superfoods that are made into powder form, making them easy to add to recipes and drinks. Marketed as a solution for people who don't consume the recommended 1-3 cups of vegetables a day or who want to reap the benefits of including some amazing foods into their lives with little effort, these powders are projected to reach sales of almost \$400 million by 2027. In other words, superfood powders are mighty popular. What is a superfood? While there is no official definition, many food companies use the term to describe items that offer a powerful nutritional benefit, like being rich in antioxidants or loaded with vitamins and minerals. Made of ingredients like spinach, kale, spirulina, goji, cacao, and more, superfood powders are naturally chock-full of healthy goodies. And while specific ingredients vary from brand to brand, many also contain additions like adaptogens, probiotics, and prebiotics.

For busy folks who want to include more superfoods into their diet but have a tough time making it to the salad bar, these powders can sound like a dream come true. But don't assume that adding a scoop of these powders will give you all of the same benefits that you would get by eating real vegetables. While it is true that these powders are loaded with vitamins, minerals, and antioxidants, they are often much lower in fiber when compared with their fresh counterparts, which may result in you missing out on the satiating factor and bowel movement support. And because many fresh greens consist of 90% water, taking the powder form will result in you missing out on some hydration as well.

So, which positive effects can you expect to see if you take superfood powders every day? Just be aware that these powders are considered to be a supplement and are not regulated by the FDA—choose your brands wisely!

1. You may feel more energy

Superfood powder ingredients like spinach and kale are natural sources of iron. When people are deficient in iron, they often experience fatigue as a side-effect. Drinking greens powders may help support healthy iron levels, which in turn can help support healthy energy levels. And in one small study, women who took one tablespoon of a specific greens powder along with green tea extract daily for 12 weeks had significant increases in self-reported energy when compared with placebo.

2. You may have a healthier immune system

Although nutrient levels vary from brand to brand, superfood powders like greens powders typically contain a hefty dose of vitamin c, the darling of the vitamin world when it comes to immune health. Many superfood powders are made with ingredients like broccoli, a veggie that contains a boost of this important nutrient. So, "drinking" foods like broccoli will deliver a healthy boost. Turmeric powder is another supplement that shows promise in the immune system department, as this spice can play a major role in supporting a healthy immune system.

3. You may experience constipation relief

If you are choosing a greens powder that has added probiotics, or live bacteria or yeast that offers a benefit to its host (in this case, you will be the host), then you may find yourself being a bit more regular. Why? People with constipation have significantly decreased numbers of certain probiotic bacteria in their gut. Modifying the gut with these important strains may therefore play a positive role in keeping things moving. And if the brand of superfood powder that you choose also contains added prebiotics—think inulin or fructooligosaccharides—that's even better. Because prebiotics act as fuel to sustain probiotics,

you are essentially feeding your healthy bacteria when you are sipping your concoction.

4. You may notice a reduction in blood pressure

More than 100 million Americans have high blood pressure, so finding ways to lower those numbers is naturally a popular desire—especially because increased blood pressure is a risk factor for stroke. In one small study, subjects who had high blood pressure and took 10 grams of greens powder daily experienced a decreased systolic and diastolic blood pressure by about 8%. Those who did not take the greens experienced no improvement. (Note that the company who manufactures the specific greens powder evaluated in this analysis provided financial support for this study). Choosing a beetroot powder may also offer some benefit for healthy blood pressure. Beetroots are rich in nitrates, which are converted into nitric oxide in your body. Nitric oxide plays many roles in your body, including relaxing blood vessels, thus possibly helping lower blood pressure.

5. You may experience reduced oxidative damage

When people consistently do things like eat fried food, experience excessive stress, and smoke cigarettes, free radicals can develop, which in turn can cause oxidative damage to our tissues in our body. Elevated oxidative stress has been linked to conditions like fertility challenges in men, neurological diseases like Alzheimer's disease, respiratory disease, and the development of certain cancers. The good news is that eating antioxidant-rich foods can combat oxidative stress. Along with foods like nuts and whole grains, fruits and vegetables are great sources of antioxidants. And because greens powder is rich in veggies, they can be considered to be a source of antioxidants.

6. You may have improved endurance

Many greens powders contain spirulina, a blue-green alga that offers a slew of health benefits. If your superfood powder is made with spirulina, you may notice that you have increased endurance when exercising, a welcomed change to many athletes.

7. You may notice healthier skin

The ingredients found in greens powder are typically rich in many skin-supporting vitamins, particularly vitamins A and C. Using greens powder may give your skin the boost it needs to protect the skin from premature aging. In particular, Goji Berry Powder is a great source of vitamin A (170% DV vitamin A) and is a delicious addition to smoothies to help keep your skin looking fabulous.

8. You may experience reduced inflammation

Green leafy vegetables have anti-inflammatory properties. Because greens powders are chock-full of green leafy veggies like kale, spinach, and more, they also pack a punch when it comes to the anti-inflammatory department. And because chronic inflammation is linked to some serious outcomes (like increased cancer risk), managing this condition is essential.

9. You may adapt to stress more effectively

You may find ingredients like ashwagandha and other adaptogens added to your superfood powder, and for good reason! Because adaptogens can help your body adapt to stress, choosing a superfood powder with these unique ingredients can help you keep your chill when you need it most.