



SUPERBA™ Performance

PREPARE YOUR BODY FOR OPTIMAL SPORTS PERFORMANCE

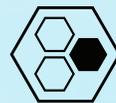
SCIENTIFIC RESEARCH ON KRILL OIL IS EXPANDING INTO THE WORLD OF SPORTS

Aker BioMarine set up the Krill Sports Program in conjunction with Oslo University hospital and the Norseman Xtreme Triathlon to investigate the role of krill oil in high-intensity exercise events with the first publication announced in 2020. Get the insights here!

KRILL OIL – YOUR NEXT SPORTS NUTRITION SUPPLEMENT



Choline to support
muscle function



With phospholipid
omega-3 (EPA & DHA)

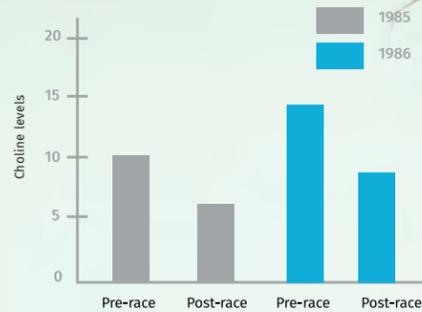
CHOLINE – A NUTRIENT FOR THE MUSCLES

NUTRITION and getting enough key nutrients is vital for athletes to prepare their bodies to perform at their best.

CHOLINE is an essential nutrient and a precursor to the neurotransmitter acetylcholine, and has been implicated in athletic performance due to its role in maintaining normal muscle function^(1,2)

LOW CHOLINE COULD BE A PERFORMANCE-LIMITING FACTOR

CHOLINE DEPLETION has been seen in Boston Marathon runners, cyclists and other sports. Due to choline's role in muscle functioning, low levels of choline could impact the body's ability to perform at its best^(3,4). In fact, 90% of the US population are not getting enough choline in the diet⁽⁵⁾.



* Conlay et al. (1986)

FIELD STUDY RESULTS

THE LATEST STUDY FROM THE KRILL SPORTS RESEARCH PROGRAM HAS SHOWN THAT KRILL OIL MAY BE ABLE TO REDUCE CHOLINE DECLINE DURING EXERCISE. THIS FIELD STUDY DEMONSTRATES REAL WORLD EFFECTS ON TRIATHLETES IN REAL WORLD CONDITIONS.

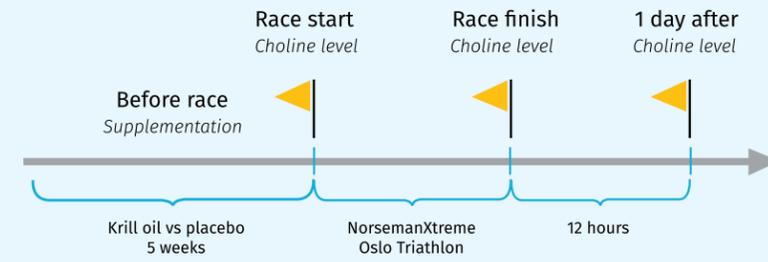
47 TRIATHLETES participating in the Norseman Xtreme Triathlon and Oslo Triathlon were given krill oil or placebo and supplemented for 5 weeks prior to race day. Choline levels were measured before the race, directly after and one day after.

THE RESULTS show that choline levels were significantly reduced between 15% and 34% from pre-race to race finish, depending on race distance. However, significantly higher choline levels were seen in the krill oil group compared to the placebo group, overall.

KRILL OIL SUPPLEMENTATION resulted in a significantly greater increase in choline levels from race completion to the day after the race, helping athletes in regaining their pre-race levels.

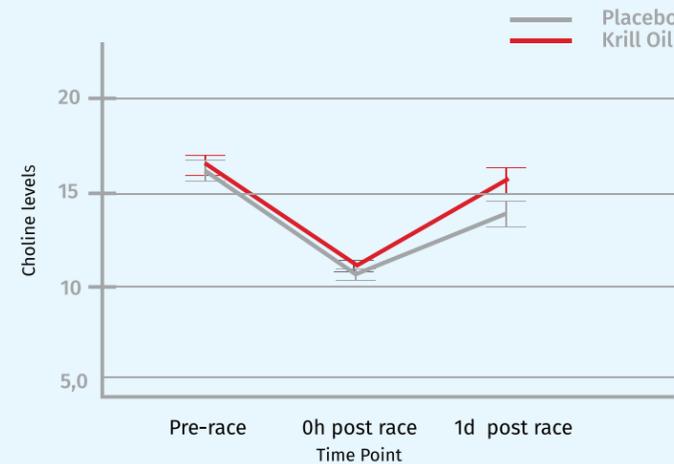
These findings demonstrate that krill oil may help to prevent that circulating levels of choline become limited during high intensity exercise, suggesting that krill oil should be included as part of an overall strategy for optimal training and high intensity exercise.

Want to read the full published paper? Get in contact with our team on www.superbakrill.com



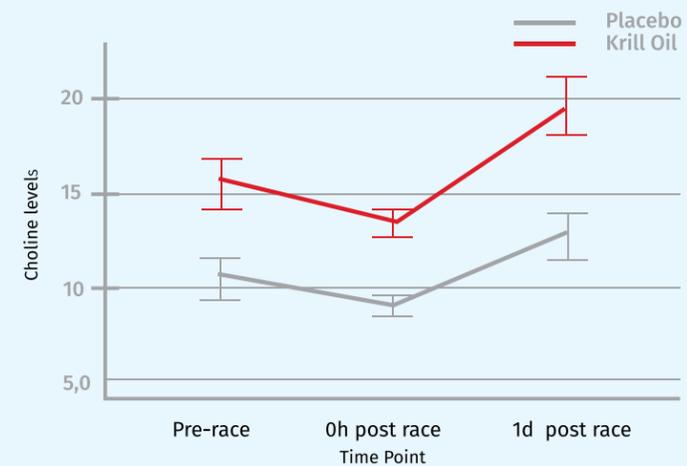
NORSEMAN XTREME TRIATHLON

Krill oil supplementation may help athletes regain their pre-race choline levels faster



OSLO TRIATHLON

Krill oil supplementation increases the levels of choline available in the body during exercise



KRILL OIL A DIFFERENTIATOR IN THE SPORTS NUTRITION MARKET

THE ESSENTIAL NUTRIENTS in krill oil make it uniquely positioned in the world of sports nutrition. With valuable nutrients such as choline and omega-3 (EPA & DHA), krill oil can support dietary needs to help maintain a healthy body to perform at its best, everyday.

THE AKER BIOMARINE KRILL SPORTS PROGRAM seeks to investigate the role of krill oil in sports opening up new categories and opportunities for our customers worldwide in providing expert sports nutrition supplements for performance and recovery.



AKER BIOMARINE

Aker BioMarine is a biotech innovator and the worldwide leading supplier of krill oil dietary supplements for human health. The company's fully transparent value chain stretches from sustainable krill harvesting in pristine Antarctic waters through its Montevideo logistics hub, Houston production plant, and all the way to customers around the world.

Aker BioMarine is fully owned by Aker ASA, an industrial pioneer since its establishment in 1841.

TEAM SUPERBA KRILL

Team Superba krill is a Norwegian triathlon team made up of 100 athletes from world champions to dedicated amateurs.

The team plays a key role as participants in the Krill Sports Research Program, with the ultimate aim of unravelling the effects of krill derived omega-3 and choline on training, performance and recovery in the context of high-intensity/endurance exercise.

NORSEMAN XTREME TRIATHLON

Norseman Xtreme Triathlon is an annual triathlon event organized in Norway, recognized as one of the world's hardest – and most iconic – triathlons on Ironman distance.

The race starts with 3.8 kilometers of swimming in the Hardangerfjord from a ferry, to Eidfjord, then 180 kilometers by bike to Austbygd by Tinnssjøen. The race ends with a 42.2 kilometer run (a full marathon) up to the top of Gaustadtoppen, 1883 m above sea level.

The Norseman Xtreme Triathlon has been organized annually since 2003.



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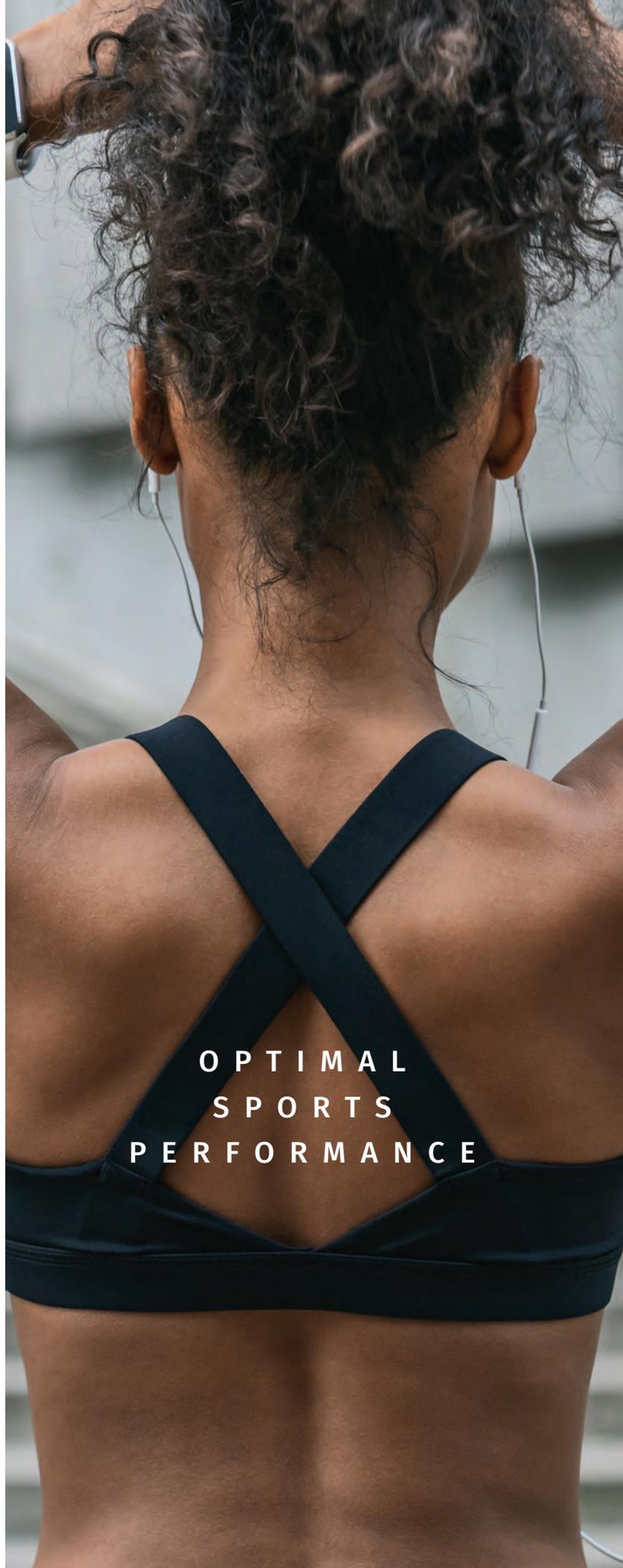


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BIOMARINE**

NORSEMAN
XTREME TRIATHLON

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