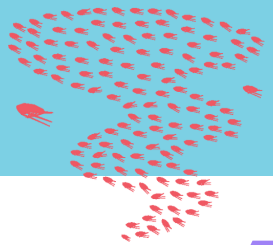


Zoooca Calanus[®] Oil

Physical Activity, Nutrition & Health

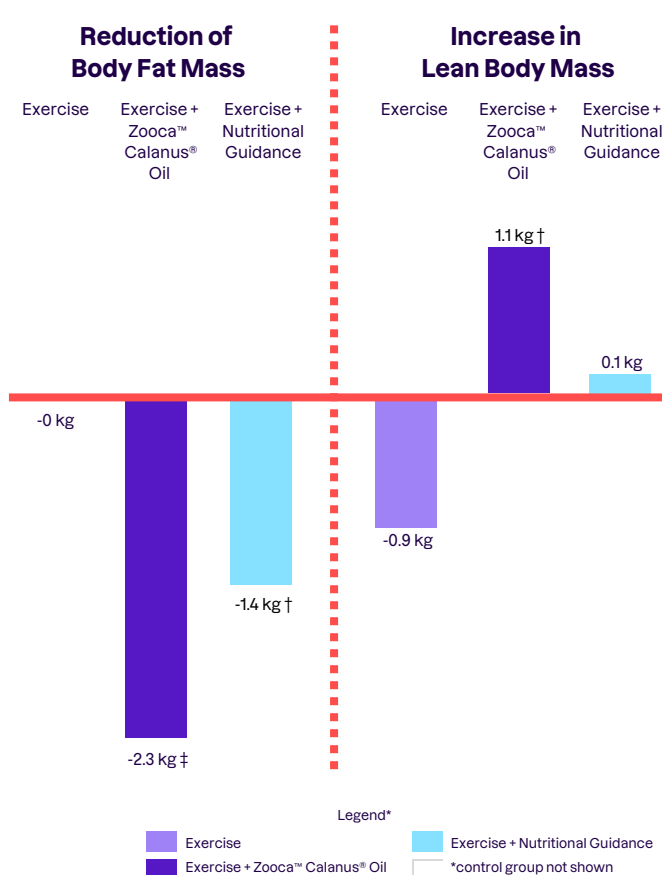


A combination of moderate exercise and supplementation of *Calanus finmarchicus*, or a healthy diet both promoted significant fat loss in older untrained overweight participants. However, only supplementation of Zoooca Calanus[®] Oil could promote a significant increase of lean body mass. Wax ester-bound Omega-3 fatty acids from Zoooca Calanus[®] oil significantly increased Omega-3 Index.

Study Results:

- Both dietary intervention groups showed a reduction in fat mass, with significant reduction in the Zoooca Calanus[®] Oil intervention group (-8.5 %) as well as a significant increase in lean body mass (+2 %).
- Omega-3 Index significantly increased by 21.5% in the Zoooca Calanus[®] group, and Omega-6 levels decreased, excluding the impact of exercise (the exercise alone group did not affect Omega-3 levels).
- No significant decrease in blood lipids, however the Zoooca Calanus[®] group showed the greatest decrease in triglyceride levels among the 4 groups.

Intake of Zoooca Calanus[®] Oil Reduces Fat Mass & Increases Lean Body Mass and Omega-3 Index



Objective: Examine the effects of twelve-weeks of Zoooca Calanus[®] Oil intervention with an exercise training program, compared to dietary recommendations, exercise alone, or no intervention on nutrition, metabolic and scientific sports parameters.

Study Type: Randomized, controlled intervention with moderate exercise.

Population: 134 healthy untrained participant age 50-70 years

Dose & Intervention:

Four-arm study

- Control group with no intervention
- Twice a week aerobic + resistance training intervention (exercise)
- Exercise + Nutrition Counseling
- Exercise + 2 g Zoooca Calanus[®] Oil (4 capsules)

Duration: 12 weeks

† p < 0.01, ‡ p < 0.001

- Wasserfurth, P., Nebel, J., Boßlau, T.K., Krüger, K., Hahn, A., and Schuchardt, J.P. (2020) 12-weeks of Calanus finmarchicus oil intake improves omega-3-index in healthy older subjects engaging in an exercise program. British Journal of Nutrition 1-8.
- Wasserfurth, P., Nebel, J., Schichardt, J.P., Müller, M., Boßlau, T.K., Krüger, K., and Hahn, A. (2020) Effects of Exercise Combined with a Healthy Diet or Calanus finmarchicus Oil Supplementation on Body Composition and Metabolic Markers – A Pilot Study. Nutrients 12 (7), 2139

zoooca[™]
The Calanus[®] Company