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Zooca® Calanus® Oil

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Thank you for your interest in Zooca® Calanus® Oil, a premium food supplement ingredient crafted with care to provide numerous health benefits. We have prepared this Frequently Asked Questions (FAQ) document to address common queries from our valued business partners (B2B) in Europe. Before proceeding, we kindly ask you to read and understand the following disclaimer:

General Information: The information provided in this FAQ is for general informational purposes only and is not intended to replace professional medical advice, diagnosis or treatment. While we strive to ensure the accuracy of the information provided, product details and specifications may change over time. Always refer to the product specification and official documentation for the most up-to-date information.

Legislation and Regulations: Legislation for food supplements may vary in different European countries. Users of this FAQ are themselves responsible for ensuring compliance with applicable laws and regulations when using and publishing information about Zooca® Calanus® Oil in their respective regions & countries.

Not Medical Advice: The content of this FAQ does not constitute medical advice, and we do not make any claims that our product can diagnose, treat, cure, or prevent any disease. Zooca® Calanus® Oil is not intended to substitute any prescribed medications or treatments.

Infants and young children: Zooca® Calanus® Oil is not intended for use by infants and young children, younger than 3 years. If you have questions regarding the suitability of this product for children, consult the EU Novel Food 2025/1513 for Calanus finmarchicus Oil dated 28 July 2025.

By accessing and using the Zooca® Calanus® Oil FAQ Europe, you acknowledge and agree to these disclaimers. We ask you to consult advisors (*expert scientific, regulatory and legal advisors*) familiar with all applicable rules, laws & regulations for your region/country, prior to use of this information. If you have any concerns or queries, please contact our customer support team at Sales@zooca.no , and we will be happy to assist you.

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About the company Zooca® Calanus AS and the ingredient Zooca® Calanus® Oil

Who produces Zooca® Calanus® Oil?

Zooca® (Calanus AS), a Norwegian company, is the producer of the Zooca® Calanus® Oil. Our journey began in 2003 with the idea of harnessing the potential of a small zooplankton, 3-4 mm in size. Since then, we have dedicated ourselves to nurturing and refining this concept. Today, we take pride in providing people worldwide with a sustainable, nutritious, and superior-quality product. Visit https://zooca.eu/ for more information.

Where is Zooca® Calanus® Oil produced?

Zooca® Calanus® Oil is manufactured in Norway. Our vertically integrated operations and manufacturing encompass the entire production process, from catch to capsule. The harvesting activities take place along the picturesque Norwegian coast, where we meticulously gather the key ingredient, a zooplankton with the Latin name *Calanus finmarchicus*. We maintain and operate our own state-of-the-art production facility in Norway to ensure that the oil is produced to the highest quality standards under strict quality control.

What is Zooca® Calanus® Oil?

Zooca® Calanus® Oil is a full spectrum marine lipid that goes beyond Omega-3. This novel ingredient not only contains marine policosanols and astaxanthin, but also 40 different fatty acids, including SDA, EPA, DHA, and Omega-7s and Omega-11s. This natural and pure zooplankton oil is based on the resource *Calanus finmarchicus* which is abundant in the Norwegian Sea and stores its energy as a wax ester.

Where does the name “Zooca®” come from?

The name "Zooca®" is derived from the combination of "ZOO" representing zooplankton and "CA" representing *Calanus*. It is named after *Calanus finmarchicus*, a small zooplankton species measuring approximately 3-4 mm. *Calanus finmarchicus* is recognized as one of the most significant renewable marine resources on the planet. By combining the terms, "ZOO" and "CA," we arrive at the unique and distinctive name "Zooca®".

Which ingredients does the Zooca® Calanus® Oil contain?

Ingredient: Zooca® Calanus® Oil contains the following ingredient: Oil from *Calanus finmarchicus.*

Which ingredients does the Zooca® Calanus® Oil capsule contain?

500 mg Capsule: Zooca® Calanus® Oil capsule contains the following ingredients: Oil from *Calanus finmarchicus* (crustacean), Capsule (gelatin from fish, stabilizer (Glycerol)

What makes Zooca® Calanus® Oil unique?

Zooca® Calanus® Oil possesses several unique qualities that differentiate it from other marine oils like krill or fish oil. Here are some highlights of what makes Zooca® Calanus® Oil truly exceptional:

Unique composition: The relevance of Zooca® Calanus® Oil originates from its distinct chemical composition of wax esters, which contain bioactive compounds. This unique composition sets it apart from other marine and plant oils. *Calanus finmarchicus* stores its energy in the form of a liquid wax ester, unlike the triglycerides or phospholipids found in other marine oils. This wax ester comprises a combination of fatty acids and policosanols bound together.

This chemical structure enables a natural, slow, and beneficial digestion and absorption process, leading to a delayed release of the nutrients.

Unrefined and Full Spectrum: Zooca® Calanus® Oil is unrefined, preserving its full spectrum of fatty acids that go beyond omega-3. It contains over 40 different fatty acids, providing a diverse and comprehensive nutritional profile, Zooca® Calanus® Oil is rich in essential omega-3 fatty acids, including EPA, DHA and SDA. These fatty acids are renowned for their numerous health benefits.

Marine Policosanols: Zooca® Calanus® Oil contains high levels of marine policosanols, which are also naturally found in plant sources such as sugar cane and rice bran. Policosanols have been clinically studied to support healthy metabolism and energy expenditure, as well as muscle capacity and endurance.

Astaxanthin: Zooca® Calanus® Oil naturally contains high levels of Astaxanthin, a potent antioxidant. Astaxanthin helps to preserve the oil's freshness and stability, so no additional preservatives need to be added to the finished product.

Bioactive Unsaturated Fatty Acids: Zooca® Calanus® Oil comprises a blend of bioactive unsaturated fatty acids that resemble the Mediterranean diet. In the case of Zooca® Calanus® Oil, these beneficial fatty acids are derived from marine sources, offering a unique wax ester version with unique metabolic properties. Zooca® Calanus® Oil contains a diverse group of Monounsaturated fatty acids (MUFAs), including long-chain MUFAs from the omega-7, -9, and -11 families. Among these, the oil is rich especially in gondoic acid, as well as the more commonly known palmitoleic acid and oleic acid.

These distinctive characteristics make Zooca® Calanus® Oil stand out as a remarkable, unique and highly valuable dietary supplement.

What is Zooca® Calanus® Oil made of?

Zooca® Calanus® Oil is derived from the zooplankton species known as *Calanus finmarchicus*. This particular species of zooplankton is an abundant and renewable marine resource found in huge quantities in the northern hemisphere. The harvesting of *Calanus finmarchicus* takes place in coastal and offshore regions along the coast of Norway, adopting a sustainable and environmental-friendly best-practice.

Calanus finmarchicus belongs to the genus *Calanus* and plays a vital role in the marine ecosystem. It occupies a significant position in the marine food chain, acting as a crucial link between phytoplankton and higher trophic levels. In fact, it is the most abundant animal species in the Norwegian Sea and is the largest marine renewable biomass in the Northern hemisphere. The species has a short one-year lifecycle.

By using *Calanus finmarchicus*, Zooca® Calanus® Oil is produced in our factory, providing a unique and valuable source of nutrition with a diverse and unique composition.

How does Zooca® Calanus® Oil work?

The Zooca® Calanus® Oil product operates by leveraging the unique properties of Zooca® Calanus® Oil, which sets it apart from traditional fish oils and krill supplements. The key to its effectiveness lies in the composition of *Calanus finmarchicus*, the zooplankton from which the oil is derived.

Calanus finmarchicus stores its energy in the form of a **liquid wax ester**, unlike the triglycerides or phospholipids found in other marine oils. This wax ester comprises a combination of fatty acids and policosanols bound together. This chemical structure enables a natural, slow, and beneficial digestion and absorption process, leading to a delayed release of the nutrients further down the digestive tract.

As a result, the potent nutrients present in Zooca® Calanus® Oil are able to travel all the way to the end of the small intestinal tract, where specialized nutrient receptors, known as GPR120, are located. These receptors play a role in regulating the metabolism of sugar and fat in the body.

Additionally, the **oil provides a highly bioavailable source of SDA, EPA and DHA**, which are essential omega-3 fatty acids in the diet

Full spectrum fatty acids – offering a multitude of health benefits.

Zooca® Calanus® Oil, a natural extract derived from the marine zooplankton *Calanus finmarchicus*, is unique due to its full-spectrum fatty acid composition, which closely resembles the natural distribution of fats found in the marine food chain. This comprehensive profile reflects the true essence of Zooca® Calanus® Oil as a natural extract, offering a multitude of health benefits and nutritional advantages.

The full-spectrum fatty acid composition of Zooca® Calanus® Oil encompasses over 40 different fatty acids, ranging from 14 to 22 carbons in length, and includes saturated, monounsaturated (MUFAs), and polyunsaturated fatty acids (PUFAs). This broad range of fatty acids not only highlights the oil's natural origins but also provides a balanced and diverse nutrient profile, which is essential for maintaining good health. Different fatty acids hold different critical functions such as receptor signaling, gene expression, and regulation of systemic fuel energy homeostasis under various physiological conditions.

How many fatty acids does Zooca® Calanus Oil contain?

Zooca® Calanus® Oil contains a full spectrum of over 40 distinct fatty acids bound in their natural wax ester form, each contributing to the unique and beneficial properties of the oil. Some of the fatty acids found in Zooca® Calanus Oil include the Omega-3s EPA, DHA, and SDA, as well as monounsaturated Fats such as Omega-7, and Omega-11, and also saturated fatty acids. Not all of these fatty acids have widely recognized names in English, and some do not have common names at all. For these fatty acids, chemical descriptions are given instead of names.

While we can confirm the presence of these fatty acids, we do not disclose specific quantities for each one. The primary focus is that Zooca® Calanus Oil contains a broad spectrum of natural fatty acids that work synergistically together. This oil maintains its complete and natural composition, distinguishing it from other market alternatives.

How much Omega-3 is there in Zooca® Calanus® Oil?

Zooca® Calanus® Oil contains a unique composition of broad-spectrum omegas, derived from *Calanus finmarchicus,* naturally bonded to polycosanols, with powerful antioxidants, taking it beyond omega-3.

In 1.000 mg Zooca® Calanus® Oil, the **declared average amount** of omega-3 present is as follows:

2 capsules (1.000 mg): 223 mg of omega-3

4 capsules (2.000 mg): 446 mg of omega-3

The omega-3 fatty acids found in Zooca® Calanus® Oil include EPA and DHA, which are beneficial for heart health, brain function, and vision. Additionally, the oil contains stearidonic acid (SDA), an omega-3 fatty acid that is converted (20-40%) to EPA in the body after ingestion. Furthermore, Zooca® Calanus® Oil includes cetoleic acid, which may aid the conversion of shorter plant-based omega-3 fatty acids into EPA, enhancing the availability of essential omega-3 fatty acids.

Effect of Zooca® Calanus® Oil Supplementation on Omega-3 Index

To date the clinical studies conducted on Zooca® Calanus Oil show that the Omega 3 index (total EPA + DHA in the blood) has increased by 20% or 21% when taking a 2g dose of Zooca® Calanus Oil over the course of the study duration. For science references and more information on the Omega-3 Index, please contact Team Zooca®.

What are wax esters?

Wax esters are a type of lipid composed of a fatty acid and a fatty alcohol. They are found in various natural sources, including zooplankton. In Zooca® Calanus® Oil, the omega-3 fatty acids are present in the form of wax esters. These lipids have a unique structure that differentiates them from other lipid forms such as phospholipids and triglycerides commonly found in dietary oils. The wax ester form in Zooca® Calanus® Oil provides specific digestion and absorption benefits, influencing delayed release and utilization of omega-3 fatty acids in the body.

How do wax esters in Zooca® Calanus® Oil affect digestion and absorption?

The wax ester form of omega-3 fatty acids in Zooca® Calanus® Oil is digested slowly compared to phospholipids and triglycerides, as found in other low-trophic marine species. This slower digestion allows for the release of free fatty acids further down the digestive tract. As a result, the bioactive lipids reach the distal part of the small and large intestines, which contain specialized fatty acid receptors. The activation of these receptors by the omega-3 fatty acids stimulates the release of various signaling substances within the human body, potentially influencing various physiological effects such as sugar and fat metabolism.

Are wax esters found in other natural sources besides Zooca® Calanus® Oil?

Yes, variations of wax esters can be found in other natural sources. They are present in the surface layers of fruits, leaves, and whole seeds, albeit these sources are devoid of the omega-3 fatty acids. Some marine organisms, such as *Calanus finmarchicus*, produce wax esters. Zooca® Calanus® Oil derived from these marine organisms is known for its high content of wax ester-bound omega-3 fatty acids.

What is DHA (docosahexaenoic acid), and why is it important for the brain?

DHA is an essential omega-3 fatty acid crucial for brain health. It plays a vital role in brain development, especially in children and young individuals, and contributes to maintaining healthy brain function throughout life. DHA helps maintain normal brain function. A beneficial effect is achieved with a daily intake of 250 mg of DHA.

How does DHA impact normal brain function?

DHA is a key component of brain cell membranes, aiding in the maintenance of membrane fluidity and flexibility and overall brain health. This is essential for optimal communication between brain cells and also allowing nutrients to readily pass in and waste to leave. Additionally, DHA is involved in the production of neurotransmitters, crucial for cognitive function, mood regulation, and other aspects of brain activity.

What steps can be taken to care for the brain and ensure an adequate supply of DHA?

To support a healthy brain throughout the lifespan, it is recommended to include DHA-rich foods in your diet or consider dietary supplements with omega-3. Regular physical activity and mental stimulation are also advisable to maintain overall brain health.

Why is DHA considered essential for brain health throughout life?

DHA is indispensable for sustaining optimal brain health across all life stages. By incorporating DHA into one's diet and adopting a healthy lifestyle, individuals can take simple yet effective measures to support their brain health.

How much Cetoleic acid, also known as Omega-11, do Zooca® Calanus® Oil contain?

Per 1000 mg Zooca® Calanus® Oil contains 26 mg Cetoleic acid on average.

What is Cetoleic acid, and what is its chemical structure?

Cetoleic acid, also known as 22:1n-11, is a monounsaturated fatty acid (MUFA) characterized by a 22-carbon chain with a double bond located at the 11th carbon from the methyl (omega) end of the chain. The notation "n-11" specifies the position of the double bond within the fatty acid molecule, which, in cetoleic acid, is at the 11th carbon from the methyl end. Cetoleic acid is also known as omega-11.

Where can Cetoleic acid be found in nature?

Cetoleic acid is naturally present in various fish species, notably in fatty fish such as certain pelagic fish found in the Northern hemisphere, such as saury, capelin, and herring. These fish species can contain relatively high levels of cetoleic acid within their fatty acid compositions.

How does Cetoleic acid compare to other well-known fatty acids like EPA and DHA in terms of health benefits?

Unlike well-established fatty acids like EPA (eicosatetraenoic acid) and DHA (docosahexaenoic acid), which are renowned for their health benefits, relatively less is known about the specific health effects and physiological functions of cetoleic acid. Research on cetoleic acid is still ongoing to comprehensively understand its potential health implications. However, recent studies indicate beneficial effects on plasma levels of several inflammatory markers, endothelial function, and gut microbiota that may affect systemic immunity, as well as local intestinal immunity.

Why is Cetoleic acid of interest in research?

Cetoleic acid is a subject of research interest due to its presence in fish oils and its potential role in energy metabolism in both fish and mammals. Additionally, it may have an impact on the bioconversion of other essential fatty acids, such as EPA and DHA. Ongoing studies aim to shed light on the health implications and metabolic pathways associated with cetoleic acid.

What is the conversion rate of Stearidonic Acid (SDA) to EPA in humans, and what factors influence it?

The estimated conversion rate of SDA to EPA in humans is variable and ranges between 20-40%. The variability is dependent on a number of individual factors such as age, gender, background diet (including but not limited to Omega 6 and Omega 3 levels), genetics, and general health status.

What are Policosanols?

Policosanols are bioactive molecules found as part of the wax esters of Zooca® Calanus® Oil. In Zooca® Calanus® Oil they resemble long-chain monounsaturated fatty acids, and vegetable equivalents are known for constituting part of the waxy layer on the outside of seeds and plants. Consequently, plant-based policosanols are often extracted from sources such as wheat germ, rice bran, and sugar cane biomass.

Zooca® Calanus® Oil is a **unique source of marine policosanols,** and their presence in Zooca® Calanus® Oil adds to its unique composition, contributing to the overall beneficial properties of the product.

Are Policosanols naturally occurring substances?

Yes, policosanols are naturally found in various fruits, plants, and whole seeds. They are substances that humans have naturally consumed through the diet. However, most modern food processing methods remove the wax from the food, leading to a reduction in policosanol intake.

How much policosanols are present in Zooca® Calanus® Oil?

Zooca® Calanus® Oil contains 346 mg of marine policosanols per gram, which is typically ten times higher than what is usually found in pure policosanol supplements.

Is Zooca® Calanus® Oil the only omega-3 product with marine policosanols?

Yes, Zooca® Calanus® Oil is the only omega-3 product that contains significant amounts of marine policosanols. Its unique composition sets it apart from other omega-3 oils in the market. One significant difference is that Zooca® Calanus® Oil contains marine policosanols, which are naturally bound to the omega-3 fatty acids and form wax esters. In contrast, fish oil is typically in the form of triglycerides, and krill oil comes in the form of phospholipids.

What are the mechanisms and effects of policosanols?

Policosanols are a group of compounds present in Zooca® Calanus® Oil. They may be considered the "cousins" of fatty acids. When consumed, they can be converted into fatty acids by the body and utilized in a similar manner to other fatty acids. While the exact mechanisms of action of policosanols are still being studied, they are recognized for their potential role in supporting cellular and muscular function and metabolic health.

Astaxanthin: Nature's Natural Preservative

Astaxanthin, a member of the carotenoid family, serves as a natural preservative within the lipids from zooplankton known as *Calanus finmarchicus*.

As *Calanus finmarchicus* gets consumed by various marine species like salmon and sea trout, the astaxanthin content is seamlessly transferred to them. This same pigment manifests as the striking red hue observed in shellfish like lobsters, crabs, and prawns.

Astaxanthin is known for its powerful capability to prevent the oxidation of fatty acids in oils. In the case of Zooca® Calanus® Oil, the natural astaxanthin derived from Calanus finmarchicus is essential in maintaining the oil's long-lasting quality and stability.

How does the astaxanthin chemical form in Zooca® Calanus® Oil differ from other Astaxanthin products?

The key difference lies in the natural, fat-bound esterified form of astaxanthin in Zooca® products, which aligns with how it occurs in the marine food web—offering stability, gradual absorption, and potential synergy with lipid metabolism.

Astaxanthin is a carotenoid that exists in different chemical forms in both plants and animals depending on its pathway of synthesis. The performances are not of importance in the final products for human consumption.

In Zooca® Calanus Oil, astaxanthin is primarily found in esterified forms, including monoesters and diesters of fatty acids. In free living zooplankton, a small fraction of the astaxanthin is chemically bound to protein as carotenoproteins. The protein bound astaxanthin amounts to a maximum of 10% of the astaxanthin in the free-living

forms. Carotenoproteins are not retained in the final oil product since the protein fraction is separated during processing.

The red color in Zooca® Calanus® Oil and Zooca® capsules is due to the large quantity of lipophilic astaxanthin that are esterified to fatty acids of various chain lengths and saturation. It has been proposed that one of the central functions of astaxanthin in calanoid copepods is to improve antioxidant protection of storage lipids, which also is an asset with the product.

In addition, astaxanthin from copepods such as *Calanus finmarchicus*, has been suggested to take part in lipid metabolism, photoprotection, supporting skin elasticity, while also contributing to overall antioxidant capabilities.

Prolonged storage of Zooca® Calanus® Oil and Zooca® capsules indicates a high stability of astaxanthin when stored in an inert atmosphere or at low temperature. The astaxanthin in the product is as it occurs in nature, is digested slowly and set free further down in the distal small intestine, where the fatty acids are being absorbed together with the partnering astaxanthin.

Most of the other astaxanthin health products in the food supplement market are commercially produced from industrial culturing of microalgae (*Haematococcus pluvialis*). Here the final product astaxanthin is in the free form (unesterified) and dewatered to a powder which is the main form in most commercially available products. Astaxanthin from microalgae is not chemically linked to fatty acids as is the case in Zooca® capsules. These algae derived forms of astaxanthin are reactive which might make them more susceptible to oxidation. This form is considered to be rapidly absorbed in the upper part of the small intestine. The stability of the free form of astaxanthin in these products depends on storage time and physical condition.

What natural factors influence the variation in Zooca® Calanus Oil's color?

Astaxanthin, a naturally occurring carotenoid in Zooca® Calanus Oil, is responsible for its distinctive ruby red color. The intensity of this color depends on the amount of astaxanthin present:

- **Higher content** → more pigment molecules absorb light at specific wavelengths, resulting in a deeper red/orange shade.
- **Lower content** → fewer pigment molecules absorb less light, giving a lighter or less saturated color.

These variations occur naturally because Zooca® Calanus Oil is unrefined and minimally processed. We do not standardize or process the oil, so astaxanthin levels—and therefore the color—can differ from batch to batch. This is a natural reflection of the raw materials' origin.

Regardless of these differences, all batches meet our strict quality standards and specifications, ensuring a consistently high-quality, natural product.

Health benefits, clinical studies, quality and reasons to use Zooca® Calanus® Oil

Why should I choose Zooca® Calanus® Oil as my dietary supplement?

There are several compelling reasons to add Zooca® Calanus® Oil to your dietary routine:

Comprehensive Nutritional Profile: Zooca® Calanus® Oil is the result of extensive research spanning more than two decades. It stands as the world's first and only dietary supplement that offers a comprehensive blend of essential fatty acids, including omega-3, policosanols, and astaxanthin as well as other valuable nutrients.

Diverse Fatty Acids: In addition to omega-3 fatty acids (EPA, DHA, and SDA), Zooca® Calanus® Oil provides a range of other important fatty acids that contribute to overall health and well-being. These diverse fatty acids offer unique benefits and support various bodily functions.

Astaxanthin Content: Zooca® Calanus® Oil naturally contains astaxanthin, a potent antioxidant. Astaxanthin helps protect the oil from oxidation, ensuring its freshness and quality.

By choosing Zooca® Calanus® Oil, you are opting for a dietary supplement that goes beyond omega-3, offering a comprehensive array of beneficial nutrients to support your overall health and well-being. Nothing added – Nothing removed.

7 good reasons to choose Zooca® Calanus® Oil:

Here are seven compelling reasons to choose Zooca® Calanus® Oil:

1. The only omegas naturally bonded to policosanols, **supporting important pillars of Metabolic Health**.
2. **Essential omega-3 Fatty Acids:** Zooca® Calanus® Oil offers essential omega-3 fatty acids like EPA, DHA and SDA (stearidonic acid). This ensures that you receive a potent dose of these beneficial fatty acids.
3. **Enhanced Absorption:** The unique composition of Zooca® Calanus® Oil enables higher absorption of omega-3 fatty acids in the body compared to typical concentrated omega-3 products. This means you can also maximize the benefits of your omega-3 supplementation by using Zooca® Calanus® Oil.
4. **Increased omega-3 Index:** Studies have demonstrated that consuming Calanus® Oil can raise the omega-3 index in the blood by 21%. This indicates the effectiveness of Zooca® Calanus® Oil in increasing omega-3 levels in your body.
5. **Delayed release:** Zooca® Calanus® Oil is in a wax ester form, allowing for a delayed absorption process further along the digestive system. This sustained release mechanism allows potent nutrients to interact with specialized nutrient receptors.
6. **Astaxanthin Protection:** The high concentration of astaxanthin in Zooca® Calanus® Oil serves as a natural safeguard, protecting the fatty acids from oxidation. This helps maintain the freshness and quality of the product.
7. **Sustainable and Renewable:** Zooca® Calanus® Oil is sourced from *Calanus finmarchicus*, one of the world's largest and most renewable marine resources. Choosing Zooca® Calanus® Oil supports sustainable practices and responsible utilization of marine ecosystems.

With these seven reasons, Zooca® Calanus® Oil stands out as an excellent choice for obtaining essential omega-3 fatty acids, along with added benefits such as delayed absorption, policosanols, astaxanthin protection, and a sustainable sourcing approach.

What is the difference between Zooca® Calanus® Oil and other omega-3 products?

The difference between Zooca® Calanus® Oil and other omega-3 products lies in several key aspects:

Unique composition: In Zooca® Calanus® Oil, the omega-3 fatty acids are present in the form of wax esters. These esters have a unique structure that differentiates them from other lipid forms like ethyl esters and triglycerides commonly found in fish oil.

Unrefined: Zooca® Calanus® Oil is an unrefined ingredient, which means it retains its **natural composition** and integrity. This unrefined state helps preserve the natural qualities and benefits of fatty acids, ensuring a high-quality product, just the way nature intended it.

Comprehensive Fatty Acid Profile: Zooca® Calanus® Oil offers more than just omega-3. It provides a broader range of important fatty acids in addition to omega-3. This comprehensive fatty acid profile ensures that you receive a diverse array of beneficial nutrients for overall health.

Lower Digestive System Absorption: The unique lipid form of Zooca® Calanus® Oil allows for the gradual breakdown and absorption of fatty acids further down in the intestinal system. This sustained release mechanism allows potent nutrients to interact with specialized nutrient receptors.

By choosing Zooca® Calanus® Oil, you not only receive a broader spectrum of important fatty acids but also benefit from its unique absorption properties. This combination sets Zooca® Calanus® Oil apart from other omega-3 products, making it a valuable option for supporting your overall health and well-being.

What are Zooca® Calanus® Oil main clinical findings?

Zooca® Calanus® Oil has been the subject of various clinical studies resulting in numerous peer-reviewed publications, with significant findings related to metabolic health. The main clinical findings include:

Improved Body Composition: Clinical studies have shown that Zooca® Calanus® Oil can contribute to improved body composition. This is evidenced by a reduction in fat mass and an increase in muscle mass, which is beneficial for metabolic health

Support for Healthy Insulin Levels and Insulin Sensitivity: Zooca® Calanus® Oil has been found to support and maintain healthy insulin levels and insulin sensitivity. Insulin is a hormone that regulates blood sugar levels and maintains optimal insulin function that is crucial for metabolic health.

Heart Health: Clinical research has indicated that Zooca® Calanus® Oil can enhance the pumping capacity of the heart, leading to improved cardiovascular health.

Increase in Omega-3 Index: Regular consumption of Zooca® Calanus® Oil has been shown to increase the omega-3 index in the body. The omega-3 index is a measure of the levels of the omega-3 fatty acids EPA and DHA in the red blood cells. Having a higher omega-3 index is associated with various health benefits.

These clinical findings highlight the potential of Zooca® Calanus® Oil in promoting metabolic health, supporting heart function, and increasing the omega-3 index in the body.

Are there clinical studies to support Zooca® Calanus® Oil?

Yes, Zooca® Calanus® Oil is supported by several clinical studies that have been conducted to assess its effectiveness and benefits. With over 20 years of experience and a focus on in-house and collaborative research and development, Zooca® Calanus® Oil has gathered impressive results.

The clinical documentation highlights the interplay between metabolically important organs such as muscle and fat tissues. The studies indicate that Zooca® Calanus® Oil can lead to improvements in muscle health and size, reduction

in fat mass, and a decrease in inflammation. These positive effects on muscle and fat tissues contribute to overall metabolic health.

Zooca® Calanus® Oil has been shown to have an impact on blood sugar maintenance. Active and healthy muscle cells, along with healthy fat tissues, play a role in improving blood sugar control. This relation between muscle, fat tissue, and smart fuel choices underscores the importance of Zooca® Calanus® Oil for metabolic health.

By conducting various types of studies and research, Zooca® Calanus® Oil has accumulated a solid body of evidence to support its efficacy and benefits in promoting metabolic health.

Health claims for Zooca® Calanus® Oil in EU / Europe

Zooca® Calanus® Oil supports several health claims related to its key components. These health claims include:

DHA and EPA for Heart Health: The omega-3 fatty acids DHA and EPA present in Zooca® Calanus® Oil contribute to the normal functioning of the heart and the maintenance of normal blood pressure. These fatty acids have been extensively studied and are known to have cardiovascular benefits.

Claim: EPA and DHA contribute to the normal function of the heart. A beneficial effect is achieved with a daily intake of 250 mg of EPA and DHA.

DHA for Brain Function and Vision: DHA, one of the omega-3 fatty acids found in Zooca® Calanus® Oil, contributes to normal brain function and vision. It is an essential nutrient for the development and maintenance of the brain and visual system.

Claim: DHA helps maintain normal brain function and vision. A beneficial effect is achieved with a daily intake of 250 mg of DHA.

These health claims are approved in the EU by EFSA and demonstrate the potential benefits of DHA and EPA in promoting normal heart health, brain function, and vision.

Why is Zooca® Calanus® Oil “Good for you”?

Zooca® Calanus® Oil is "good for you" due to several key factors:

Unique Composition of Nutrients: Zooca® Calanus® Oil offers a unique composition of nutrients that provide various health benefits. It contains omega-3 fatty acids, including DHA and EPA, which are beneficial for the heart, brain, and vision. Additionally, it includes other essential fatty acids, such as stearidonic acid (SDA) and bioactive unsaturated fatty acids, which support overall health.

Preservation of Nutrients: The purity of Zooca® Calanus® Oil allows it to be used without the need for refining or purifying processes. This means that all the natural nutrients present in the oil are preserved, ensuring you receive the maximum benefits from the product.

By providing a unique blend of nutrients, Zooca® Calanus® Oil is a comprehensive and natural solution for overall health.

Why is Zooca® "Good for the planet"?

Zooca® Calanus® Oil is "Good for the planet" due to its commitment to sustainability and environmentally friendly practices. Here's why:

Sustainable Source: Zooca® Calanus® Oil is derived from *Calanus finmarchicus*, a zooplankton species found in the Norwegian Sea. This zooplankton is one of the largest harvestable and renewable marine resources in the world. By utilizing this abundant and sustainable source, Zooca® Calanus® Oil minimizes its impact on marine ecosystems. High

reproduction rate with 290 million tons of new Calanus each year has a rapid biomass turnover with a one-year life cycle.

Maximal allowance of annual Calanus harvest is 0.08% for every 1.140 Calanus each year – only 1 is allocated for commercial fishing.

Remaining biomass re-mineralizes into the sea - making it a highly sustainable resource with low levels of pollutants.

The amount of Calanus left behind provides nourishment for the marine ecosystem.

Gentle and Environmentally Friendly Process: The production process of Zooca® Calanus® Oil is designed to be gentle and environmentally friendly. It involves careful harvesting and production methods that minimize disturbance to the marine environment. Additionally, the company employs eco-friendly practices throughout the manufacturing process to reduce its environmental footprint.

Renewable Energy: Zooca® - The Calanus® Company - emphasizes the use of renewable energy sources during its production. By utilizing renewable energy, the company reduces its reliance on fossil fuels and contributes to a cleaner and greener energy mix.

Less fuel and little by-catch when harvesting: Zooca® is harvesting zooplankton at a speed of approximately 1 knot. This ensures less fuel consumption and total use of fuel than traditional trawling. The low speed also ensures minimal by-catch of fish and other marine species as most species can swim faster than the trawl.

Fishing vessels: As Zooca® uses fishing vessels in the summer that normally are used for other types of fishing, there is no need to build specialized vessels that only harvest zooplankton. The vessels can be used in the off-season when not fishing for other species.

Minimal Waste: Zooca® ensures that all raw materials are utilized, leaving no waste products behind. The production process is optimized to utilize the entire harvested zooplankton, and only water is removed during the process. This approach helps minimize waste generation and promotes resource efficiency.

By prioritizing sustainability, employing environmentally friendly practices, using renewable energy, and minimizing waste, Zooca® demonstrates its commitment to being "Good for the planet." The company's focus on responsible production contributes to the preservation of marine ecosystems and supports a more sustainable future.

How does Calanus AS monitor and ensure minimal bycatch during its harvesting operations?

Calanus AS has a continued focus on reducing and eliminating any potential adverse effect on the marine ecological community. This ranges from development of new eco-friendly equipment to extended use of sonars to avoid bycatch. Responsibility is part of our internal DNA.

It is important to realize that the Calanus organisms are not caught by nets, but by a slow moving, fined meshed trawl on the surface, towed behind a boat. The trawls move at 1 knot, providing ample time for mammals and fish to escape. Up till this day, not a single mammal has been accidentally caught during Calanus harvesting. Not a single bird either. We are very proud of this, and we put our pride and honour in conducting every operation at sea in the most responsible and sustainable manner. This is one of the most transparent fisheries in the world, and Calanus AS, along with every other participant, is subjected to extensive reporting to Norwegian authorities. This also includes scientific samples from every trawl haul, analyzed for bycatch by third-party agencies.

Quality Control

At Zooca® - The Calanus® Company, ensuring the highest quality of Zooca® Calanus® Oil is a top priority. Rigorous quality control measures are implemented throughout the production process to guarantee the best possible quality. Here's an overview of the quality control practices:

In-Process Quality Control: Various parameters are continuously monitored during the production of Zooca® Calanus® Oil. This ensures that the product meets stringent quality standards at every stage of the manufacturing process. These parameters may include factors like temperature, pressure, and other critical indicators of quality.

Analysis at Accredited External Laboratory: To further validate the product's quality, Zooca® Calanus® Oil undergoes analysis at an accredited external laboratory. This laboratory conducts thorough testing to assess various aspects, including microbial contamination, oxidation levels, presence of heavy metals, environmental toxins, and other relevant quality parameters. This external analysis provides an additional layer of quality assurance.

Certified Quality Systems: Both Zooca® and the external accredited laboratories have certified quality systems in place. These systems ensure that the production processes and quality control procedures adhere to the specifications set by regulatory authorities. Regular audits and quality checks are carried out by certified bodies to verify compliance with these standards.

Annual Audits and Quality Checks: Zooca® undergoes annual audits and quality checks by independent certifying bodies. These assessments evaluate not only the procedures and quality control measures but also the overall condition and competence of the factory. This comprehensive evaluation helps maintain and improve the quality of Zooca® Calanus® Oil.

By implementing stringent quality control measures, conducting analyses at accredited laboratories, and adhering to certified quality systems, Zooca® ensures that its Calanus® Oil meets the highest quality standards. These practices help guarantee the safety, purity, and efficacy of the product for consumers.

Practical information about the use of Zooca® Calanus® Oil

What is the recommended daily dose?

The daily recommended dose of Zooca® Calanus® Oil is 2-4 500 mg capsules per day (1-2 grams). It is advised to follow the recommended dosage as stated on the product packaging or as instructed by your healthcare professional. The specific number of capsules within this range can be adjusted based on individual needs and health considerations. It is always advisable to consult with a healthcare provider or refer to the product instructions for personalized dosage recommendations.

Are there any maximum levels for Zooca® Calanus® Oil?

Based on the July 2025 EFSA / EU Novel Food amendment (2025/1513) **3,1 g/day** for the general population older than 14 years of age, **2.2 g/day** for the age group 10-13 years and **0,9 g/day** for the age group 4-9 years.

Can infants, young children or children take Zooca® Calanus® Oil?

On a general basis, it is advisable to consult with a healthcare professional or a pediatrician before giving any dietary supplement to infants or children.

For infants and children under 3 years of age, Zooca® Calanus® Oil is not recommended, as their nutritional needs are usually met through a balanced diet. It is important to focus on providing children with a varied and nutritious diet that includes fruits, vegetables, whole grains, lean proteins, and healthy fats.

For children between 4-9 years of age, a limited intake (*2,25 mg*) of astaxanthin is recommended by the European Union and EFSA. Therefore, 0,9 g /day Zooca® Calanus® Oil could be consumed by children younger than 10 years. It is important to focus on providing children with a varied and nutritious diet that includes fruits, vegetables, whole grains, lean proteins, and healthy fats.

For young people 10-13 years of age, 2,2 g/day Zooca® Calanus® Oil could be consumed (*≤ 5,5 mg astaxanthin per day*) for the general population between 10 to 13 years of age.

Is it advisable for pregnant women to consume Zooca® Calanus® Oil?

When considering dietary supplementation during pregnancy, it is important to approach the matter with care and consideration. Generally, it is advisable for pregnant women to seek guidance from their healthcare professionals before taking supplements. Healthcare providers consider individual health history and nutritional needs, offering personalized advice to ensure a safe and healthy pregnancy.

Regarding Zooca Calanus Oil, while there isn't specific data on its use for pregnant individuals, the positive impact of omega-3 during pregnancy is well-established. We encourage those contemplating the use of Zooca® Calanus® Oil during pregnancy to consult with their healthcare provider.

Should you take Zooca® Calanus® Oil with food?

Yes, it is recommended to take Zooca® Calanus® Oil just before a meal, preferably one that contains some dietary fat. This is because Zooca® Calanus® Oil is a supplement consisting of lipids (fatty acids) and taking it with food that contains fat helps signal the digestive system to prepare for the digestion and absorption of lipids.

When you consume a meal that contains dietary fat, it triggers the release of digestive enzymes and bile, which are necessary for the breakdown and absorption of lipids. By taking Zooca® Calanus® Oil with a meal that includes some dietary fat, you optimize the digestion and absorption of the nutrients present in the supplement.

Additionally, consuming Zooca® Calanus® Oil with food can also help prevent any potential digestive discomfort that may arise from taking supplements on an empty stomach.

Can I combine Zooca® Calanus Oil with other supplements containing astaxanthin?

If other food supplements containing astaxanthin are consumed on the same day, Zooca® Calanus® Oil should not be consumed.

Could Zooca® Calanus® Oil be combined with other omega-3 supplements, such as fish oil, krill oil, or cod liver oil?

Yes, Zooca® Calanus® Oil can be combined with other omega-3 supplements such as fish oil, krill oil, or cod liver oil. Each of these oils comes from different sources and may provide varying proportions of omega-3 fatty acids, including EPA (eicosapentaenoic acid), DHA (docosahexaenoic acid), and other nutrients.

Combining Zooca® Calanus® Oil with other omega-3 supplements can offer a broader spectrum of nutritional benefits due to the different forms of omega-3 fatty acids and additional nutrients like vitamins and antioxidants found in these oils. However, it's important to be mindful of the total intake of omega-3s and fat-soluble vitamins like A and D to avoid exceeding recommended levels. Consulting with a healthcare professional can help tailor a supplementation plan that meets individual health needs and dietary requirements.

How long before an effect can be expected?

The effectiveness of dietary supplements, including Zooca® Calanus® Oil, can vary depending on individual factors such as age, metabolism, overall health, and lifestyle. It is important to note that food supplements are not medications and do not provide immediate, noticeable effects like pharmaceutical drugs.

Consistency and long-term use are key when it comes to food supplements. It may take some time for the body to absorb and assimilate the nutrients from the supplement. The duration for noticeable effects can vary from person to person. It is recommended to take Zooca® Calanus® Oil as part of a daily routine and allow time for the nutrients to build up in the body over time.

How should Zooca® Calanus® Oil be stored?

Zooca® Calanus® Oil should be stored at room temperature, preferably in a cool and dry place. It is important to keep it away from direct sunlight, moisture, and excessive heat.

What is the durability of Zooca® Calanus® Oil?

The durability or shelf life of Zooca® Calanus® Oil can be determined by checking the best before date indicated on the product box or packaging. As mentioned, Zooca® Calanus® Oil does not contain added antioxidants or preservatives, but it does contain astaxanthin, which serves as a natural antioxidant to protect the fatty acids from oxidation.

The presence of astaxanthin helps maintain the quality and stability of the oil over time. However, it is still important to adhere to the recommended best before date to ensure optimal freshness and effectiveness of the product.

What kind of fish gelatin is used for the capsules?

The gelatin used for the capsules containing Zooca® Calanus® Oil is derived from the freshwater fish Tilapia. Tilapia fish gelatin is commonly used in the production of food supplements and is considered a suitable alternative to

gelatin derived from other sources. The gelatin is suitable for use with foodstuffs, and product quality is declared in accordance with current EU legislation.

Why is glycerin used in soft-shell capsules for Zooca® Calanus® oil?

Glycerin is a commonly used ingredient in soft-shell capsules, also for Zooca® Calanus® Oil. The rationale behind this choice lies in glycerin's ability to maintain the moisture content of the capsule shell. By preventing the shell from becoming brittle, glycerin plays a role in preserving both the capsule's integrity and the quality of the enclosed oil. In essence, glycerin acts as a safeguard against moisture loss, creating a stable environment within the capsule that contributes to the long-term preservation of the oil's quality.

Beyond this, glycerin also ensures flexibility and softness to the capsule, enhancing its ease of swallow. This feature is important for consumer satisfaction, especially for individuals who may encounter difficulties in swallowing traditional capsules.

Does Zooca® Calanus® Oil contain any allergens?

Zooca® Calanus® Oil does not contain any common allergens such as dairy, soy, wheat, or nuts. However, it is important to note that the Oil originates from a **crustacean**, specifically *Calanus finmarchicus*, which is a type of shellfish. While the production process reduces the allergenicity of the proteins through fragmentation into smaller segments such as peptides and free amino acids, it is still necessary to declare the presence of **crustacean** as a potential allergen.

Additionally, it is worth mentioning that fish gelatin is used in the capsules of Zooca® Calanus® Oil. Fish gelatin, like any other type of gelatin, has the potential to cause allergies in individuals who are sensitive or allergic to **fish**.

If you have known allergies or concerns about specific ingredients, it is recommended to consult the product label and, if necessary, seek advice from a healthcare professional or allergist before consuming Zooca® Calanus® Oil or any other dietary supplement.

Is Zooca® Calanus® Oil Vegan?

Copepods like *Calanus finmarchicus*, a zooplankton (animal plankton), yield an oil that is not classified as vegan.

Is Zooca® Calanus® Oil Halal certified?

Yes, Zooca® Calanus® Oil is Halal certified. The certification applies solely to the oil product itself and not our capsules. Our commitment to providing products that meet the highest standards of quality and compliance extends to ensuring that our Zooca® Calanus® Oil adheres to the principles and requirements of Halal certification. This certification confirms that our oil is produced in accordance with Islamic dietary laws and does not contain any non-permissible ingredients or elements.

Can you use Zooca® Calanus® Oil together with blood thinning drugs or other medicines?

If you are taking blood thinning drugs or have any specific health concerns, medical conditions or - treatments, it is important to always consult your healthcare professional before starting any new dietary supplement, including Zooca® Calanus® Oil. They will be able to provide you with personalized advice based on your individual circumstances and medications.

B2B: Labelling, allergens and content declaration of a consumer product containing Zooca® Calanus® Oil in Europe

Labelling of food supplements containing Zooca® Calanus® Oil

Based on the Novel Food amendment (2025/1513), the labelling of food supplements containing *Calanus finmarchicus* oil shall bear a statement that those food supplements should not be consumed:

A) if other food supplements containing astaxanthin esters are consumed on the same day;
B) by individuals younger than the age group the product is intended for, meaning:
    a. If the product is intended for individuals aged 14 and above, label must state: *should not be consumed by children and adolescents under 14 years*
    b. If the product is intended for individuals aged 10 and above, label must state: *should not be consumed by children under 10 years*
    c. If the product is intended for individuals aged 3 years and above, label must state: *should not be consumed by children under 3 years*

This link provides information in the following languages: BG, ES, CS, DA, DE, ET, EL, EN, FR, GA, HR, IT, LV, LT, HU, MT, NL, PL, PT, RO, SK, SL, FI, SV.

Ingredient declaration

Based on the Novel Food amendment (2025/1513), the labelling of foodstuffs containing *Calanus finmarchicus* oil shall be "oil from *Calanus finmarchicus* (crustacean)".

In addition, other content must be declared according to each country`s rules and regulations for food supplements.

Nutritional declaration

Based on the Trademark License Agreement (TLA) that every customer must sign with Zooca® - The Calanus® Company, the ingredient shall be described as "**Zooca® Calanus® Oil**".

How to declare the nutritional content of fatty acids, policosanols and astaxanthin on the consumer label?

Zooca® Calanus® Oil is a natural oil, and as such has not been standardized for specific omega-3 fatty acids. Average values are used in the declaration of content on the consumer label.

When declaring the content of fatty acids, fatty alcohols (marine policosanols) and astaxanthin on the consumer label, we use average values. These differ from the product specification with its Not Less Than (NLT) and Not More Than (NMT) values.

The average values show that there are no large variations between different time periods. In order to ensure compliance with regulations and reduce the risk of annual variations, the previous two (2) years are used in the content declaration. The content declaration is updated annually, so that correct average values are used. When using averages, the values can be rounded, and decimals must be rounded up/down according to the rounding rules.

When new artwork is printed, we are happy to support your revision. **Below a typical label** (Norwegian version 2025-12) (*with added Vitamin D3*) with **1.050 mg** oil in each serving (525 mg capsules):

zooca® Calanus® Oil

Zooca® Original er basert på uraffinert Calanusolje, hvor alle næringsstoffer beholdes i sin naturlige form. Zooplanktonet høstes i havet utenfor Nord-Norge, og er en av de største og mest bærekraftige kildene til omega-3.

Innholdet i Zooca® Original er godt for:

Hjertet
EPA og DHA bidrar til hjertets normale funksjon. Gunstig virkning oppnås ved et daglig inntak av 250 mg EPA og DHA.

Immunsystemet
Vitamin D bidrar til immunsystemets normale funksjon.

Muskler og knokler
Vitamin D bidrar til å opprettholde normal muskelfunksjon og normale knokler.

Hjernen og synet
DHA bidrar til å opprettholde normal hjernefunksjon og syn. Gunstig virkning oppnås ved et daglig inntak av 250 mg DHA.

Zooca® Original inneholder:

- Viktige **omega-3 fettsyrer** fra zooplanktonet *Calanus finmarchicus*
- **Vitamin D** fra alger
- Naturlig innhold av **astaxanthin** som blant annet beskytter fettsyrene mot harskning
- **Marine polikosanoler** er særegne fettstoffer som sammen med omega-3 fettsyrer utgjør naturlig voksester, og som gir et langsomt og skånsomt opptak av næringsstoffer lenger ned i tarmen
- **Ketolinsyre** kan bidra til omdannelse av korte (ofte plantebaserte) omega-3 fettsyrer til EPA

Innhold i henholdsvis	2 kapsler	4 kapsler
Zooca Calanus® Oil	1050 mg	2100 mg
Hvorav:		
Marine polikosanoler	363 mg	726 mg
SDA (stearidonsyre)	78 mg	156 mg
EPA (eikosapentaensyre)	73 mg	145 mg
DHA (dokosaheksaensyre)	53 mg	106 mg
Total omega-3	234 mg	468 mg
Ketolinsyre	27 mg	54 mg
Astaxanthin	1,5 mg	3,0 mg
Vitamin D3	10 µg(200%*)	20 µg(400%*)

* av daglig referanseinntak
Anbefalt døgndose fra 10 år: 2 - 4 kapsler
Anbefalt døgndose fra 3 - 9 år: 1 kapsel
Anbefalt døgndose bør ikke overskrides

Ingredienser:

Olje fra ***Calanus finmarchicus*** **(krepsdyr)**, kapsel (gelatin fra fisk, stabilisator (glyserol)), vegetabilsk vitamin D3 (kolekalciferol).

- Kosttilskudd erstatter ikke et variert kosthold og en sunn livsstil
- Oppbevares ved romtemperatur og utilgjengelig for barn
- Skal ikke inntas av barn under 3 år
- Bør ikke inntas samme dag som andre kosttilskudd med astaxanthin

Calanus AS
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Tel. 77 49 91 00 - www.zooca.no

NL 216944 EC

Nettovekt 45 g

Does Zooca® Calanus® Oil contain any allergens?

Zooca® Calanus® Oil does not contain any common allergens such as dairy, gluten, soy, wheat, or nuts. However, it is important to note that the oil originates from a **crustacean**, specifically *Calanus finmarchicus*, which is a type of shellfish. While the production process reduces the allergenicity of the proteins through fragmentation into smaller fragments like peptides and free amino acids, it is still necessary to declare the presence of **crustacean** as a potential allergen.

Additionally, it is worth mentioning that fish gelatin is used in the capsules of Zooca® Calanus® Oil. Fish gelatin, like any other type of gelatin, has the potential to cause allergies in individuals who are sensitive or allergic to **fish**.

Best Before date in production of the consumer unit

Zooca® Calanus® Oil: The oil has 3 years best before date from production date. Always check the **CERTIFICATE OF ANALYSIS** for the relevant batch.

Zooca® Calanus® Ready-made capsules: The capsules with and without vit D have 3 years best before date from production date. Always check the **CERTIFICATE OF ANALYSIS** for the relevant batch.

Daily Dose (DD) recommendation for Zooca® Calanus® Oil

The Daily Dosage (DD) recommendation for Zooca® Calanus® Oil is currently not established. The daily dos (DD) vary from 1-4 500 mg capsules (0,5g to 2g), the most common are **2-4 500 mg capsules** (1g-2g) per day. It's essential to note that food supplements are intended to complement a regular diet, and therefore, the DD may vary based on individual dietary habits, including normal consumption of foods containing omega-3s and astaxanthin. Personal factors such as age, bodyweight, sex, and other characteristics can influence the appropriate dosage, leading to a recommended daily dosage range.

Practical cost considerations may influence consumer choices, and while recommendations are given, the actual usage of Zooca® Calanus® Oil may vary among people.

Are there any maximum levels for *Calanus finmarchicus* oil?

Based on the Novel Food amendment dated 28 July 2025 (2025/1513):

- 0,9 g/day (≤ 2,25 mg astaxanthin per day) for the general population under 10 years of age, excluding infants and young children 0-3 years of age.
- 2,2 g/day (≤ 5,5 mg astaxanthin per day) for the general population between 10 to 13 years of age
- 3,1 g/day (≤7,75 mg astaxanthin per day) for the general population older than 14 years of age

What Company and Product certifications do Zooca®- The Calanus® Company hold?

ISO 9001 (since 2014) certification allows us to demonstrate our ability to consistently provide products that meet customer and regulatory requirements, as well as our commitment to continual improvement.

MarinTrust (*since 2019*) certification allows us to demonstrate our commitment to being a responsible producer, where we recognize the importance of responsible fisheries management and ethical operation of our company.

Friend of the Sea (*since 2020*) certification allows us to demonstrate our commitment to sustainability and focus on traceability.

Halal (*since 2023*) certification on all products produced in our factory. This certification confirms that our oil is produced in accordance with Islamic dietary laws and does not contain any non-permissible ingredients or elements. *Note that this certificate is not valid for capsules – only the oil.*

Made in Norway (*since 2024*) certification and label designate products and services that are authentically Norwegian. It is a registered trademark administered by Innovation Norway, the official Norwegian trade promotion organisation. To use the label, companies must fulfil criteria pertaining to origin, responsibility, and sustainability. Zooca® Calanus® Oil is **the first** marine oil accredited to use the label.

The use of our certifications (logos and/or text) on webpages, information material etc. demands approval from us and is given upon request.

Where can I read and learn more about Zooca® Calanus Oil

1. Zooca's main website informational pages

The general Zooca® Calanus Oil overview explains what the oil is, where it comes from, and why it's unique.

The Human Health benefits section discusses clinical and preclinical research on safety, bioavailability, metabolic effects, and more.

2. The Zooca articles section – Human Health

Zooca's Articles page lists many posts categorized under "Human Health, " including topics such as:

- Wax esters and why the lipid structure matters
- Fatty acid bioavailability and delayed absorption
- Clinical evidence supporting heart and metabolic health
- Updates on EU approval and daily intake limits

…plus several other pieces explaining mechanisms of action, metabolic health concepts and detailed science behind Zooca® Calanus Oil.