

Zooca Calanus[®] Oil

Improves Body Composition, Strength & Insulin Sensitivity



Simple exercise training, combined with Zooca Calanus[®] Oil, resulted in improved body composition and cardiorespiratory parameters in older women. Additionally, supplementation increased whole-body insulin sensitivity related to skeletal muscle mass.

Zooca Calanus[®] Oil may have a synergistic effect with exercise on functional strength and could be beneficial in older individuals trying to maintain healthy muscle mass as they age.

Study Results:

- Improved body composition with a 14% reduction in visceral fat area (cm²)
- Improved maximum heart function with 8% increase in maximum stroke volume and maximum cardiac output and 2.7% increase in maximum heart rate
- Significant 12.5% increase in whole-body insulin sensitivity (measured as glucose disposal rate)
- Significant improvement in functional strength in the lower body by 25% (30 s chair stand)

Objective: To investigate in older women, the effects of an exercise program with aerobic and resistive training, combined with Zooca Calanus[®] Oil, on metabolic health and function, and inflammatory status of adipose tissue.

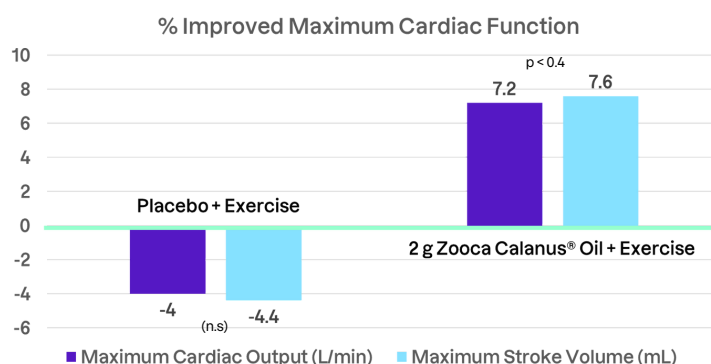
Study Type: Double blinded randomized interventional clinical trial

Population: 55 women, aged 62-80 years, BMI 25 – 30 kg/m²

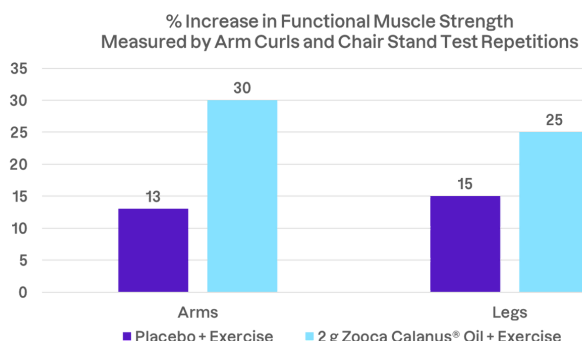
Dose: 2 g Zooca Calanus[®] oil providing 230 mg EPA + DHA, or placebo

Duration: 16 weeks

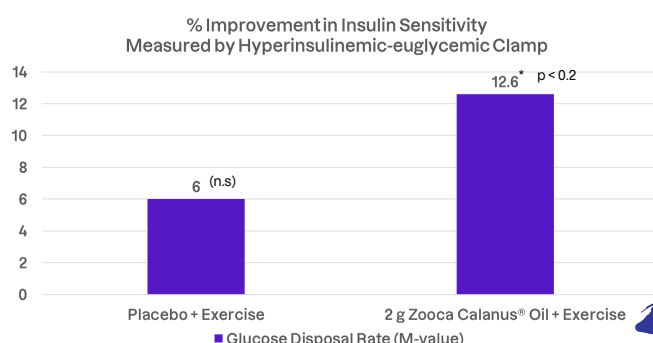
Zooca Calanus[®] Oil significantly improves the pumping efficiency of the heart



Zooca Calanus[®] Oil significantly improves functional muscle strength



Zooca Calanus[®] Oil significantly improves insulin sensitivity



1. Stepan, M., et. al. (2022) Combined aerobic and resistance training with calanus oil supplementation improves central cardiodynamic function in older women. *Nutrients* 14, 149. 2. Cizkova, T., et. al. (2020) Exercise Training Reduces Inflammation of Adipose Tissue in the Elderly: Cross-Sectional and Randomized Interventional Trial. *The Journal of Clinical Endocrinology & Metabolism*, Volume 105, Issue 12, e4510–e4526. 3. Dadova, K., et. al. (2020) Effect of Calanus Oil Supplementation and 16-week exercise Program on Selected Fitness Parameters in Older Women. *Nutrients* 12, no. 2: 481. 4. Brezinova, M., et. al. (2020) Exercise training induces insulin-sensitizing PAHSAs in adipose tissue of elderly women. *Biochimica et Biophysica Acta (BBA) - Molecular and Cell Biology of Lipids*, 1865, 2.