



Krill

Benefits of krill

Arden Grange first started including krill in summer 2014.

Krill are crustaceans similar to very small shrimps. Krill meal is a superior and outstandingly pure source of the omega-3 fatty acids EPA and DHA which have many recognised health benefits, and are important to the nervous system, heart and eyes as well as many other cells, tissues and organs in the body. EPA and DHA's anti-inflammatory properties are also well documented. Krill meal is extra special since it contains omega-3 fatty acids that are bound to phospholipids (rather than triglycerides); a form which ensures that tissue uptake is particularly effective. The presence of choline is beneficial since this nutrient supports cell structure and function, gene regulation and fat metabolism. Astaxanthin is also contained within krill meal, and this has very powerful antioxidant and anti-inflammatory properties (to help neutralise free radicals). Krill meal is also a very nutritionally valuable source of protein with an excellent essential amino acid profile.

Sustainability of krill

Arden Grange uses Aker BioMarine krill meal. The meal is created from the Antarctic species of krill, which is both abundant and sustainable. Krill is fished using special technology to ensure that it is brought aboard live and fresh, and without netting any of its natural predators, including sea birds, seals and penguins; or any species other than the selected krill.

Aker BioMarine has received certification from the Marine Stewardship Council (MSC), which signifies long-term commitment to the sustainable harvesting of Antarctic krill. In addition, Aker BioMarine also works with the world Wildlife Fund (WWF) - Norway for the sustainable management of Antarctic krill.

