



What is Squalene?

Squalene is an unsaturated hydrocarbon (C₃₀H₅₀). It is shark liver oil derived from the liver of the deep sea shark. Not only like cod liver oil, Squalene contains vitamins A, D and omega-3 fatty acids, it is also naturally rich in alkoxyglycerol—a natural immune booster provides high capacity of oxygen to body cells. [1-5] Shark liver oil helps to maintain healthy body and eyes with good vision. [1-3] It is especially effective to children development.



Important functions of Squalene

High oxygen capacity for maintaining health and defense diseases

The cause of almost all kinds of diseases is oxygen deficiency. Scholars stated that "pain" is a signal to the brain that particular part is suffered from the shortage of oxygen. Cells starving for oxygen will die and resulted in body weakness, fatigue, premature aging, poor memory and even life threatening diseases like cancer and heart disease. While squalene can provide sufficient oxygen supply to body cells, its high oxygen capacity is the deep sea shark's survival secret in such a low temperature, low oxygen content and low visibility condition of 3000 meters under the sea. This compound is made up of carbon and hydrogen, which stored in the shark's liver, provide sufficient oxygen for cells metabolism and regeneration, hence increase energy, support wound healing, strengthen immune system and increase organs reactivity such as kidney and liver. [1-5]

Protect cardiovascular system and eliminate waste materials

Squalene can also protect our cardiovascular system. [1-3] It is made up of 100% unsaturated fatty -acids. Whilst circulating in the blood, it removes animal fat and various waste materials, cleaning the circulatory system. Squalene builds an anti-virus system to minimize the harm brought by outside materials to the body. Even some vaccines contain squalene. [5] It is true that oxygen supply by squalene is essential to our health which makes our body healthy and strong to resist diseases. [1-5]

Squalene as an Anti-oxidant, Anti-aging Agent and Protector of Cells

Squalene appears to play an important role in the retina. When body cells are attacked by free radicals, oxidation occurs. Retina is relatively delicate that it is easy to be attacked by free-radicals e.g. through sunlight. The cells of retina will start to corrupt and lose. When the oxidized cells are more than the body can afford to repair, the retina and tissues in eyes may start to mutate. Functions of our eyes may be affected then. Squalene can eliminate free-radicals and suppress the active substances of free-radicals, protect body tissues from cell damage thus protect our eyes. [1-4]

Promote brain function by providing sufficient oxygen

By carrying the oxygen to human brain, squalene can help to maintain a better brain function. Research reveals that people nowadays are living in a busy and tense environment. Pressures everywhere which causes the raise of adrenalin and other hormones. Our brain thus need large amount of oxygen as raw material for the production of adrenalin and the excessive use of brain. If there's not enough supply of oxygen, our body will drain oxygen from other parts of body to the brain. It may result in local hypoxia and dead of tissues in serious cases. The high oxygen capacity of squalene enables us to deal with the busy life with better brain functions. [1-5]

Kids Squalene 500 is not chemically processed and encapsulated in a GMP licensed laboratory in New Zealand.



Squalene has the following functions for children

- Improve learning ability [6-7]
- Improve children concentration [7]
- Improve memory and intelligence [6-7]
- Protect retina and eyes for better vision [1-2]
- Promote metabolism [1-3]
- Promote immunity [1-3]
- Increase energy and endurance
- Anti-oxidant and help excrete harmful substances [1-5]
- Minimize free-radicals [1-4]
- Strengthen lymph system [1-3]
- Maintain health of heart, brain and cardiovascular system [1-3]



Directions:

Children 3 years up: take 1 softgel capsule daily.
Children 6 years up: take 1-2 softgel capsules daily.
Adults: take 2-4 softgel capsules daily.

References:

1. Kelly GS. Squalene and its potential clinical uses. *Altern Med Rev.* 1999 ;4(1):29-36.
2. Immuno Research. 鯊魚肝油. Available at: http://immuno-research.com/c/f_sharkoil.htm.
3. Iannitti T, Palmieri B. An update on the therapeutic role of alkylglycerols. *Mar Drugs.* 2010;8(8):2267-300.
4. Huang ZR, Lin YK, Fang JY. Biological and pharmacological activities of squalene and related compounds: potential uses in cosmetic dermatology. *Molecules.* 2009;14(9):540-54.
5. Fox CB. Squalene emulsions for parenteral vaccine and drug delivery. *Molecules.* 2009;14(9):3286-312.
6. Hadders-Algra M. Effect of long-chain polyunsaturated fatty acid supplementation on neurodevelopmental outcome in full-term infants. *Nutrients* 2010;2(8):790-804.
7. Sinn N, Milte C, Howe PR. Oiling the brain: a review of randomized controlled trials of omega-3 fatty acids in psychopathology across the lifespan. *Nutrients* 2010;2(2):128-70.

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