



Kyäni Sunset™:

The Science Behind Kyäni Sunset™

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Kyäni Sunset™ contains the purest form of vitamin E called tocotrienols. The tocotrienols found in Kyäni Sunset™ come from the annatto bush of South America. The health benefits of tocotrienols are vast and well documented. Additionally, Kyäni Sunset™ provides Omega-3s, Astaxanthin, and Vitamins A and D. Together, they serve a combined lipid-soluble power-house protectant to the 20-30% lipids in our body, especially to membranes of every living cell. Please note this document discusses the formulation of Kyäni Sunset™ for the United States. Some foreign countries may have formula variations.

Omega-3:

A daily dose of Kyäni Sunset™ contains 500mg of omega-3s derived from a blend of pristine Wild Alaskan Sockeye Salmon and Other Wild Fish. Omega-3s are polyunsaturated fatty acids important in brain development, nerve function, and anti-inflammation, but also have particular benefits for cardiovascular and cardiometabolic health. Consumption of omega-3 is associated with reduced risk of coronary heart disease, reduced susceptibility to ischemia-induced arrhythmia, and reduced heart rate accompanied by improved myocardial efficiency, while omega-3 renders the donut-shaped red blood cell pliable to reach arterial extremities. In combination with tocotrienols, omega-3s improve the oxygen-carbon dioxide (O₂-CO₂) and nutrient-waste exchanges efficiently. Omega-3s and tocotrienols work in concert to reduce elevated triglyceride levels that are often a culprit in metabolic disorders such as diabetes and prediabetes. In addition, tocotrienol may aid in suppressing the rise of LDL cholesterol (Table 1) [1].

| Table 1. Effects of EPA and DHA on Serum Lipids | | | |
|--|------------|----------------------|------------|
| Omega-3 | LDL | Triglycerides | HDL |
| EPA | - | ↓ | - |
| DHA | - | ↓↓ | ↑ |
| Tocotrienol | ↓↓ | ↓↓ | ↑ |

Astaxanthin:

The sockeye salmon oil in Kyäni Sunset™ contains the highest natural concentration of astaxanthin in any fish oil without the synthetic colorant canthaxanthin often found in farm-raised salmon. Astaxanthin is a carotenoid, and as such gives the Wild Alaskan Sockeye Salmon its brilliant red color. It is also considered to be a potent lipid-soluble antioxidant, protecting membranes from free radical damage in applications such as skin, eyes, and endothelium [3-7].

Summary:

Kyäni Sunset™ is a powerful supplement combining the nutritional benefits from pure Amazonian tocopherol-free annatto tocotrienol and a blend of omega-3s from the Wild Alaskan Sockeye Salmon and Other Alaskan Wild Fish. Annatto tocotrienol is the most potent, best-in-class form of vitamin E used to support health benefits of chronic and age-related conditions, while omega-3s replenish the desperate lack in modern-day foods loaded with omega-6s. Together, the tocotrienol-omega-3 combo in Kyäni Sunset™ optimizes the complimentary platform of health – anti-aging, anti-inflammation, anti-oxidation – all of which promote health to the heart, artery, eye, nerve, and cell.

References:

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3. Pashkow, F.J., D.G. Watumull, and C.L. Campbell, *Astaxanthin: a novel potential treatment for oxidative stress and inflammation in cardiovascular disease*. Am J Cardiol, 2008. **101**(10A): p. 58D-68D.
4. Fassett, R.G. and J.S. Coombes, *Astaxanthin, oxidative stress, inflammation and cardiovascular disease*. Future Cardiol, 2009. **5**(4): p. 333-42.
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