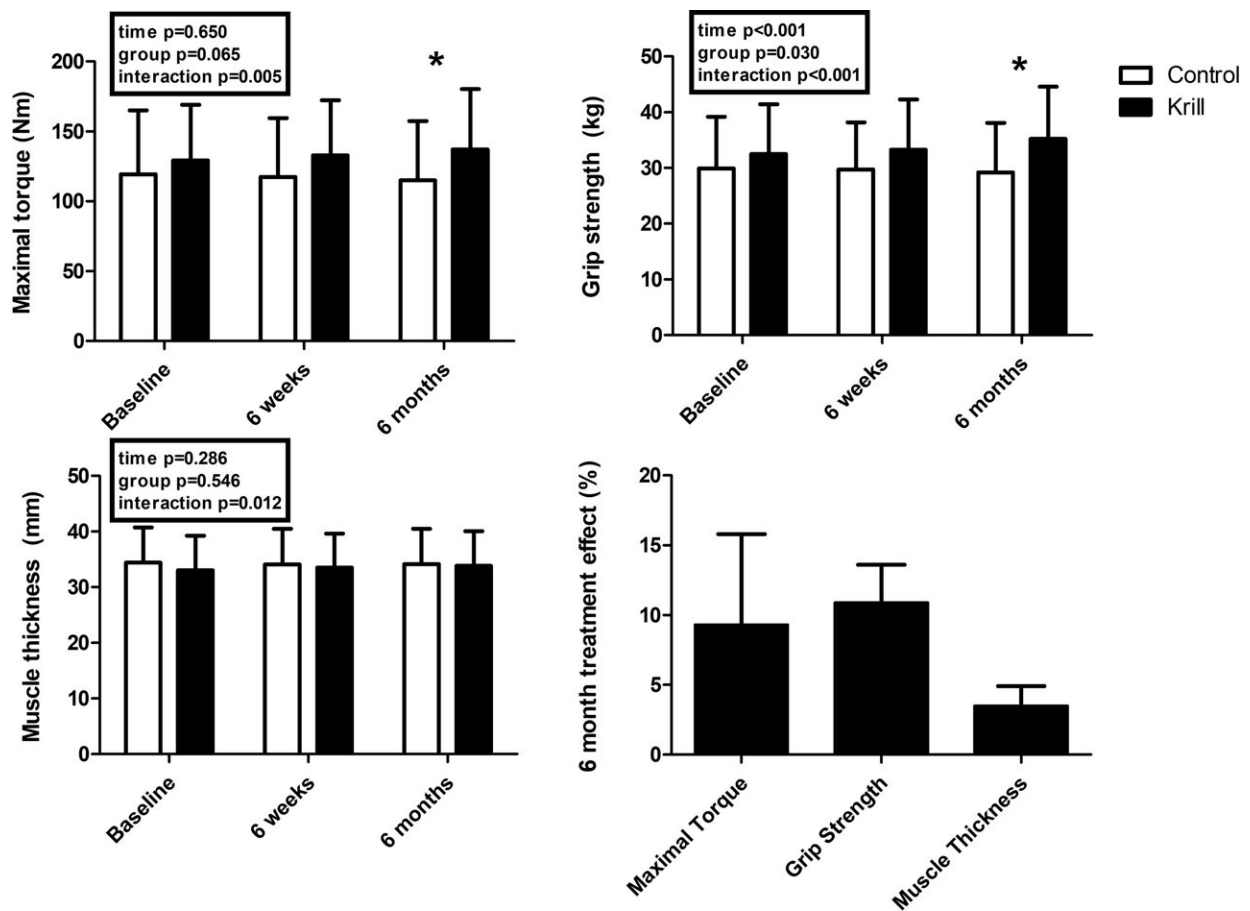


# Krill oil may be beneficial to muscle function and size in healthy people over the age of 65

May 5 2022



Knee extensor maximal torque, grip strength and vastus lateralis muscle thickness at baseline, 6 weeks and 6 months and corresponding 6-month treatment effects in control and krill oil groups. Data are mean (SD) for baseline 6 week and 6-month data and mean (95%CI) for 6-month treatment effects. \* denotes a significant difference from control at 6 months (p

Citation: Krill oil may be beneficial to muscle function and size in healthy people over the age of 65 (2022, May 5) retrieved 27 April 2024 from <https://medicalxpress.com/news/2022-05-krill-oil-beneficial-muscle-function.html>

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