Food Supplement Containing Polyunsaturated Omega-3 Fatty Acids (EPA/DHA), Vitamin A and D.

Kyäni® Sunset

As the light of day fades, the western sky boasts its brilliant red glow at sunset - signaling a time for life to pause and rejuvenate.

Kyäni SUNSET® contains Omega-3 (EPA and DHA) derived from Wild Fish oils, among the purest source in the world of Omega-3 fatty acids.

It is comprised of lipid-soluble nutrients and designed for evening use, when the body’s lipid activities are at their peak. This feature also makes Kyäni SUNSET® the perfect nutritional complement to water-soluble nutrients offered by Kyäni SUNRISE®.

Consistent with Kyäni’s culture of persistent improvement, we have identified ways to bring new enhancements to make Kyäni SUNSET® more robust and effective. It contains Wild Fish oil, source of Omega-3 (EPA and DHA) and the powerful Vitamin A and D.

- Omega-3 (EPA and DHA) contributes to the normal function of the heart*.  
  * The beneficial effect is obtained with a daily intake of 250 mg of EPA and DHA.
- Vitamin A and D contribute to the normal function of the immune system.
- Vitamin A contributes to the maintenance of normal skin and normal vision.
- Vitamin A contributes to the maintenance of normal mucous membranes and to normal iron metabolism.
- Vitamin D contributes to the maintenance of normal bones and of normal muscle function.
- Vitamin D contributes to normal absorption/utilization of calcium and phosphorus and to normal blood calcium levels.

Omega-3 Fatty Acids (EPA and DHA) from Wild Fish Oils

For many years, scientists were puzzled by the normal functions of hearts among Eskimos, despite their consumption of high-fat and high-cholesterol diet. Research revealed that the Eskimos were actually protected by their diet, largely based on seals, whales and fish, all of which provide high intakes of Omega-3 polyunsaturated fatty acids. Fish oil is among the most generous dietary source of Omega-3 fatty acids, particularly of EPA and DHA. Omega-3 fatty acids are found in fatty layers of cold-water fish and shellfish, plant and nut oils, English walnuts, flaxseed, algae and canola oil, soya and hemp. Eating more fish is an excellent way to increase the consumption of Omega-3 fatty acids (EPA and DHA). Another way is to use a dietary supplement providing these critical nutrients.

Lifestyle Effects on the Immune System

The Immune System does a remarkable job in defending the human body against unwelcome microorganisms. But sometimes it can fail and let a germ invade successfully. Is it possible to intervene in this process and boost the Immune System?

The first line of defense is to choose a correct lifestyle. Following general wellness guidelines is the single best step anyone can take toward keeping the Immune System strong and functioning. Just like everything else, the Immune System functions better when protected from environmental assaults and bolstered by basic strategies such as these:

- Do not smoke.
- Eat a diet high in fruits, vegetables, whole grains and low in saturated fat.
- Exercise regularly.
- Maintain a healthy weight.
- Control blood pressure.
- Drink alcohol with moderation.
- Get adequate sleep.
- Get regular medical screening tests for people in specific age group and risk category.