Claims:

1. A composition comprising a combination of two different powder or oil components including:
a green-lipped mussel (GLM) powder or oil; and
at least 5% (w/w) of a Hoki Roe (HR) powder or oil,
wherein the composition synergistically inhibits cyclooxygenase 2 (COX2) activity.

2. A composition of claim 1, wherein the combination of the at least two different powder or oil components together provides at least 3.3% total ω-3 fatty acids in the composition.

3. The composition of any of claim 1 or 2, wherein the HR powder or oil is present in a range from 5% to 95% (w/w) of the total composition.

4. The composition of any previous claim, wherein the GLM powder or oil comprises a total fat content from 7% to 13% (w/w).

5. The composition of any previous claim, wherein the GLM powder or oil comprises a total ω-3 fatty acid content in a range of 2.0% to 5.0% (w/w).

6. The composition of any previous claim, wherein the HR powder or oil comprises a total fat content of 14% to 40% (w/w).

7. The composition of any previous claim, wherein the HR powder or oil comprises a total ω-3 fatty acid content from 2% to 20% (w/w).

8. A food stuff, nutraceutical or supplement comprising the composition of any preceding claim.

9. The food stuff, nutraceutical or supplement of claim 8, further comprising one or more excipients selected from Glucosamine and/or Hyaluronic Acid.

10. Use of the composition according to any one of claims 1 – 7, or the food stuff, nutraceutical or supplement according to claim 8 or 9 in the manufacture of a medicament for the prevention or treatment of inflammation, and/or to maintain low levels of inflammation in a human or animal.

11. Use of the composition according to any one of claims 1 – 7, or the food stuff, nutraceutical or supplement according to claim 8 or 9 in the manufacture of a medicament for the maintenance of joint health in a human or animal.

12. The use according to claim 10 or 11, wherein the prevention or treatment according to claim 10 or the maintenance according to claim 11 involves supporting anti-inflammatory pathways in the human or animal.