

## Claims:

1. A composition comprising a combination of two powder or two 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.
2. A composition comprising: a blend of at least two different powder or oil components each comprising  $\omega$ -3 fatty acids, wherein a first of the at least two different powder or oil components comprises 5% (w/w) or more of HR powder or oil and wherein the blend of the at least two different powder or oil components together provides at least 3.3% total  $\omega$ -3 fatty acids in the composition.
3. The composition of claim 2, wherein a second component, of the at least two different powder or oil components, is a GLM oil or powder.
4. The composition of any of claim 1 to 3, wherein the HR powder or oil is present in a range from 5% to 95% (w/w) of the total composition.
5. The composition of any previous claim, wherein the GLM powder or oil comprises a total fat content from 7% to 13% (w/w).
6. The composition of any previous claim, wherein the GLM powder or oil comprises a total  $\omega$ -3 fatty acid content in a range of 2.0% to 5.0% (w/w).
7. The composition of any previous claim, wherein the HR powder or oil comprises a total fat content of 14% to 40% (w/w).
8. The composition of any previous claim, wherein the HR powder or oil comprises a total  $\omega$ -3 fatty acid content from 2% to 20% (w/w).
9. A food stuff, nutraceutical or supplement comprising the composition of any preceding claim.
10. The food stuff or supplement of claim 9, further comprising one or more excipients selected from Glucosamine and/or Hyaluronic Acid.
11. The composition, food stuff or supplement according to any previous claim, for use in the treatment or maintenance of health, preferably joint health, of a human or animal.
12. The composition according to claim 11, wherein the treatment or maintenance involves support of anti-inflammatory pathways in the human or animal.
13. A method of treating a subject, the method comprising administering to the subject the composition of Claim 1, wherein the subject is a human or an animal.
14. The method of claim 13, wherein the method treats inflammation or maintains low levels of inflammation in the subject, wherein the subject is an animal.
15. The method of claim 13, wherein the method maintains health of the subject.

16. The method of claim 13, wherein the method maintains joint health of the subject.
17. A food stuff, nutraceutical, or supplement comprising the composition of claim 2.
18. The food stuff, nutraceutical, or supplement of claim 17, further comprising at least one excipient chosen from glucosamine or hyaluronic acid.
- 5 19. A method of treating a subject, the method comprising administering to the subject the composition of claim 2, wherein the subject is a human or an animal.
20. The method of claim 19, wherein the method treats inflammation or maintains low levels of inflammation in the subject, wherein the subject is an animal.
21. The method of claim 19, wherein the method maintains joint health of the subject.

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