

Astaxanthin

Potent Antioxidant*

Astaxanthin Supplementation

Astaxanthin helps neutralize free radicals to support healthy inflammatory markers, promote antioxidant capacity, and enhance energy production in cells throughout the body.* The antioxidant activity from Astaxanthin has shown to be over a thousand times more effective than vitamin E, the other well-known antioxidant nutrient.*¹

The ingredients in Astaxanthin are congruous with what research suggests to be effective and safe, particularly for supporting healthy antioxidant activity and promoting healthy inflammatory markers in the body.*

Clinical evidence and research cited herein show that the ingredients in Astaxanthin may:

- Support healthy inflammatory markers*
- Promote healthy oxidative stress response*
- Support healthy immune function*
- Promote healthy joints and muscles*
- Support healthy cardiovascular function*
- Promote healthy cognitive function*
- Promote eye health*
- Promote healthy skin*

How Astaxanthin Works

Research demonstrates how Astaxanthin is a powerful promoter of antioxidant activity.* A review of double-blind, randomized controlled trials revealed Astaxanthin's ability to promote healthy levels of C-reactive protein along with other healthy inflammatory markers in the body.*²

Mitochondria are responsible for cellular metabolism and energy production in the body. They play a critical role in supporting healthy immune function.* Astaxanthin helps support mitochondrial integrity by promoting healthy oxidative stress response.*³



How Astaxanthin Works Continued

A meta-analysis of nine additional randomized controlled trials showed how Astaxanthin supports healthy DNA oxidation to promote cardiovascular health.*⁴ Astaxanthin promotes heart health and healthy blood lipid profiles already in the normal range by supporting healthy vascular endothelial cells.*⁵

Other research has shown Astaxanthin has a wide range of benefits, including promoting healthy skin, eyes, cognition, and joints due to its powerful antioxidant properties.*^{6,7,8,9}

Supplement Facts

Serving Size: 1 Softgel
Servings Per Container: 60

	Amount Per Serving	%DV
Astaxanthin (from <i>Haematococcus pluvialis</i> algae extract) (AstaReal®)	4 mg	*

Other Ingredients: Extra virgin olive oil, gelatin, glycerin, water.
AstaReal® is a registered trademark of Fuji Chemical Industries Co., Ltd.

Directions: Take one softgel daily with food or as directed by your healthcare practitioner.

Caution: If you are pregnant, nursing, or taking medication, consult your healthcare practitioner before use. Keep out of reach of children.

References:

1. Zhang C et al. *Appl Microbiol Biotechnol.* 2020;104:5725–5737.
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3. Kim SH & Kim H. *Nutrients.* 2018;10(9):1137.
4. Wu D et al. *Int J Vitam Nutr Res.* 2020;90(1-2):179–194.
5. Lobna A et al. *Life Sci.* 2016;150:24–31.
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7. Yamashita E. *Funct Food Health Dis.* 2013;3(7):254–258.
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9. Wong S, Ima Nirwana S, and Chin KY. *Exp Ther Med.* 2020;20:2941–2952.

* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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