

# Astaxanthin

Stable, fat-soluble antioxidant; skin, joint and eye health<sup>†</sup>

## INDICATIONS

- Ages 18 and up
- Antioxidant protection for the skin and retina<sup>†</sup>
- Joint comfort<sup>†</sup>

## BENEFITS

- Supports the skin's natural antioxidant defenses against free radicals from sun exposure<sup>†</sup>
- Offers protection for eye and brain health<sup>†</sup>
- Supports joint and immune function<sup>†</sup>

## FEATURES

- Derived from *Haematococcus pluvialis* microalgae
- Contains carotenoids lutein and beta carotene
- Made with high-quality ingredients backed by verifiable science

## VERIFIABLE SCIENCE

Derived from *Haematococcus pluvialis* microalgae cultivated under pristine conditions, esterified astaxanthin is a stable, fat-soluble antioxidant from the carotenoid family. Astaxanthin protects the phospholipid membranes of cells from oxidative damage.<sup>1</sup> In studies, it has demonstrated the ability to cross the blood-brain barrier and protect the retina, suggesting its potential for supporting the brain and nervous system from free radical damage.<sup>2,3</sup> Initial trials with astaxanthin suggest that it may support the skin's natural antioxidant defenses against free radicals induced by sun exposure.<sup>3</sup> In a human clinical evaluation, supplementation with astaxanthin provided enhanced antioxidant protection for the skin.<sup>4,5</sup> Research suggests that astaxanthin may support athletic performance, as well as joint function and comfort after strenuous exercise.<sup>6</sup> Additional studies suggest astaxanthin's immune, cellular and cardiovascular support potential.<sup>7-9†</sup>

## SUGGESTED USE

As a dietary supplement, take 1 capsule, 1-3 times daily, with meals.

## STORAGE

Store in a cool, dry place.

## WARNING

If you are pregnant or lactating, have any health condition or are taking any medication, consult your health professional before use.

## SOURCE

- Astaxanthin is derived from *Haematococcus pluvialis* microalgae and cultivated under highly controlled conditions
- In addition to astaxanthin, each softgel typically provides 40 mcg naturally occurring lutein and 65 IU naturally occurring vitamin A as beta carotene

## NOTES

Size 7.5 softgel

Bottle count 60/120

Order codes AST6/AST1

Bottle size 120 cc/ 190 cc

## REFERENCES

1. Nakagawa K, et al. *Br J Nutr.* 2011. 105(11); 1563-1571.
2. Piermarocchi S, et al. *Eur J Ophthalmol.* 2012 Mar-Apr;22(2):216-25.
3. Fakhri S, et al. *Molecules.* 2019 Jul 20;24(14):2640.
4. Ito N, et al. *Nutrients.* 2018 Jun 25;10(7):817.
5. Yamashita E. *Japanese Society for Carotenoid Research.* 2006. (10); 91-95.
6. Earnest CP, et al. *Int J Sports Med.* 2011 Nov;32(11):882-8.
7. Park JS, et al. *Nutr Metab (Lond).* 2010 Mar 5;7:18.
8. Mashhadi NS, et al. *Asia Pac J Clin Nutr.* 2018;27(2):341-346.
9. Choi HD, et al. *Phytother Res.* 2011 Dec;25(12):1813-8.

## NUTRITION FACTS

1 capsule, 1-3 times daily, with meals.

Each (size 7.5) softgel capsule contains:

Astaxanthin (from <i>Haematococcus pluvialis</i> microalgae)	4 mg
Other ingredients: extra virgin olive oil, gelatin capsule (gelatin, glycerin, water)	



Astaxanthin	Quantity	Order Code
	120	AST1
	60	AST6

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