



Astaxanthin

Potent Antioxidant*

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

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

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

Astaxanthin Supplementation

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*



Form: 60 Softgels

Serving Size: 1 Softgel

| Ingredients | Amount | %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.



GLUTEN-FREE



DAIRY-FREE



NON-GMO



PRODUCED IN A cGMP FACILITY

* 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.



References:

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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.
8. Grimmig B et al. *GeroScience*. 2017;39:19–32.
9. Wong S, Ima Nirwana S, and Chin KY. *Exp Ther Med*. 2020;20:2941-2952.