



# Astaxanthin

## DESCRIPTION

Astaxanthin, available from Medical Wellness Associates, is derived from Hawaiian *Haematococcus pluvialis* microalgae cultivated under pristine conditions, esterified astaxanthin is a stable, powerful, fat-soluble antioxidant from the carotenoid family. *Haematococcus* algae produces astaxanthin to protect itself against ultraviolet-induced free radical damage.

## FEATURES INCLUDE

**Enhanced Antioxidant Capacity:** Astaxanthin is different from beta-carotene in that it has two additional oxygenated groups on each of its ring structures, enhancing its ability to scavenge free radicals. It is believed to be several hundred times more effective than vitamin E in neutralizing singlet oxygen molecules and has been shown to exert greater antioxidant activity than both zeaxanthin and lutein.

**Bioavailability And Stability:** BioAstin astaxanthin is formulated in a base of safflower oil to enhance bioavailability. Vitamin E and rosemary are added to enhance stability.

**Clinically Studied:** Astaxanthin has been and will continue to be clinically studied.

## FUNCTIONS

**Antioxidant Support:** Astaxanthin protects the phospholipid membranes of cells from oxidative damage. In a recent U.S. study, it demonstrated the ability to cross the blood brain barrier and protect the retina in animals, suggesting its potential for supporting the brain and nervous system from free radical damage. In one animal study, astaxanthin helped to maintain a healthy bacterial environment in the stomach.

**Skin Support:** Initial trials with astaxanthin suggest that it may boost the skin's natural antioxidant defenses against ultraviolet induced free radicals. In a human clinical evaluation, supplementation with BioAstin astaxanthin for two weeks provided significant antioxidant protection for the skin. In cell cultures, astaxanthin provided greater protection than both beta-carotene and lutein, in part by

supporting catalase and superoxide dismutase activity.

Astaxanthin may also moderate the activity of polyamines generated by exposure to sunlight.

**Joint Support:** In one double-blind placebo controlled trial, BioAstin astaxanthin significantly supported joint comfort in human volunteers. The results of another human clinical trial suggest that BioAstin supported knee comfort and joint function after strenuous leg exercises. Subjects in a third study using BioAstin reported enhanced wrist nerve comfort. Furthermore, a double blind study conducted in Sweden for the duration of six months revealed physiological benefits for strength and exercise in participants. In one animal study, astaxanthin helped to maintain a healthy bacterial environment in the stomach. In another animal study, astaxanthin supported healthy lipid metabolism. Other studies are in progress to further evaluate its cardiovascular support properties.

**Immune Support:** Enhanced dietary concentrations of astaxanthin have demonstrated the ability to support healthy immunoglobulin activity and immune function. Additional studies suggest astaxanthin's immune and cellular support potential.

**Lipid And Cardiovascular Support:** In another animal study, astaxanthin supported healthy lipid metabolism. Other studies are in progress to evaluate further its cardiovascular support properties.

## FORMULA

### Each Softgel Capsule Contains:

Vitamin E (d-alpha tocopherol).....10 i.u.  
Astaxanthin (naturally derived from haematococcus pluvialis microalgae).....4 mg  
Other ingredients: high oleic safflower oil, gelatin capsule.

## SUGGESTED USE

Adults take 1-3 capsules per day, in divided doses, with meals.

(continue on reverse)

## **SIDE EFFECTS**

At this time, there are no known side effects of precautions. If pregnant or lactating, consult your physician before taking this product.

## **STORAGE**

Store in a cool, dry place, away from direct light. Keep out of reach of children.

**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.**

**Medical Wellness Associates  
6402 Route 30  
Jeannette, Pa 15644  
1-800-834-4325  
[www.vitamincoach.com](http://www.vitamincoach.com)**