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Astaxanthin: The Super Antioxidant That Comes From the Ocean

✓ Fact Checked

August 19, 2022

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STORY AT-A-GLANCE

- Astaxanthin, commonly called "King of the Carotenoids," is a naturally occurring substance found in a specific type of microalgae, as well as certain seafood
- One standout feature of astaxanthin is that it is 550 times stronger than vitamin E and 6,000 times more potent than vitamin C
- Taking astaxanthin regularly may reduce the risk of inflammation in your cardiovascular system. In one study, participants who took 12 milligrams of astaxanthin per day were able to decrease the presence of C-reactive protein in their body, which is an indicator of inflammation

This article was previously published April 20, 2019, and has been updated with new information.

Antioxidants play an important role in promoting health by protecting your body from free radicals, which are molecules that interfere with the function of your organs, resulting in damage.[1] In this regard, many people do their best to increase their intake of well-known antioxidants such as vitamin C and E, as well as flavonoids from plants. But sometimes, this is simply not enough.[2]

What if there is a certain antioxidant that trumps everything else? The answer you're looking for isn't found in a vegetable or a fruit, but from deep within the ocean: astaxanthin.

Astaxanthin, commonly called "King of the Carotenoids," is a naturally occurring substance found in a specific type of microalgae, as well as certain seafood. In addition, its red color is responsible for turning the flesh of salmon, crab, lobster and shrimp pink.[3] The research regarding this antioxidant is promising, as it has shown that astaxanthin possesses a variety of health benefits.

The Best Astaxanthin Comes From Microalgae

You may have seen some astaxanthin supplements sold in your local health store. Be vigilant in reading the product labels because some of them are made using synthetic ingredients. Of course, you want to avoid these products because they're made using petrochemicals obtained from petroleum and natural gas.

If you want real astaxanthin, it must be straight from the source, which is the Haematococcus pluvialis microalgae. This type of algae produces the antioxidant once its water supply dries up, and goes into survival mode to protect itself from sunlight, ultraviolet radiation and low nutrition. Astaxanthin is a result of this process. In addition, there are several foods that contain generous amounts of astaxanthin, mainly seafood that consume the microalgae, such as:[4]

- Wild-caught Alaskan salmon
- Trout
- Krill (or krill oil)
- Shrimp
- Crayfish

Astaxanthin is also available in various dosages. If you choose to go the supplement route, I strongly recommend getting the ones made from the Haematococcus pluvialis microalgae, not the ones made from petrochemicals. This ensures that you're getting the legitimate benefits the antioxidant is known for, as well as safeguarding your health.

Studies Regarding the Benefits of Astaxanthin

Astaxanthin is quite possibly one of the most valuable antioxidants you can ever take advantage of. Research about this substance is continually growing, and the results are very promising, such as:[5]

Improved antioxidant profile — One standout feature of astaxanthin is that it is 550 times stronger than vitamin E and 6,000 times more potent than vitamin C. In addition, it is 10 times more effective than zeaxanthin, lutein, canthaxanthin and beta-carotene.[6]

Research has shown that this antioxidant may benefit your health in important ways. In one example, astaxanthin exhibited digestive-protective properties in rats affected with gastric ulcers.[7]

Hearing protection — Astaxanthin may benefit your hearing by raising your neurotrophin-3 (NT3) levels, a protein that plays a role in the communication between your ears and your brain. A study was able to support this hypothesis when researchers discovered that astaxanthin helped reverse hearing loss in mice.[8]

Management of diabetes — Researchers suggest that astaxanthin may benefit diabetics by reducing oxidative stress in their pancreatic cells caused by high blood sugar levels, as well as improve glucose and serum insulin levels.[9]

Reduced risk of cardiovascular disease — Taking astaxanthin regularly may reduce the risk of inflammation in your cardiovascular system.

In one study, participants who took 12 milligrams of astaxanthin per day were able to decrease the presence of C-reactive protein in their body, which is an indicator of inflammation. In another study, Sprague Dawley rats affected with myocardia had a reduced infarct size once astaxanthin was administered.[10]

Anticancer properties — Astaxanthin has been shown to have potential in fighting cancer. Experts believe that the antioxidant works by decreasing mutagenesis and carcinogenesis by inhibiting oxidative damage to cells.

Furthermore, it restores cell-to-cell communication to help decrease tumor proliferation. In one example, astaxanthin exhibited growth-inhibitory effects in human colon cancer cells.[11]

Immune system boost — Your immune system is constantly attacked by free radicals, and astaxanthin can help turn the situation around.

Reports strongly suggest that astaxanthin showed higher immunomodulating effects compared to beta-carotene, as well as enhanced antibody production and decreased humoral immune response.[12,13]

Better eye health — A few studies suggest that astaxanthin may help protect your eye from various conditions, such as:

- Cataracts
- Age-related macular degeneration
- Glaucoma
- Inflammatory eye diseases
- Diabetic retinopathy

Neuroprotective effects — Several studies suggest that astaxanthin may be a powerful tool in maintaining brain health, thanks to its anti-inflammatory and antioxidant properties. In one example, 10 elderly participants who took 12 milligrams of astaxanthin daily for 12 weeks displayed improved cognitive and psychomotor function.[14]

Side Effects of Astaxanthin Are Practically Nonexistent

One of the most interesting things about astaxanthin is that it is completely safe to consume, even at doses as high as 500 milligrams per day. The only documented side effect is a slight reddening of the skin, which can only occur if you increase your dosage. In any case, I still recommend that you visit a doctor to help assuage any concerns you might have before taking the supplement.

Supplements Are Beneficial, but Natural Sources May Be Better

Based on published data, it's clear that astaxanthin has strong potential for helping optimize your health in a convenient manner when taken as a supplement. However, it may be more beneficial to consume astaxanthin using a natural approach via the foods where it is commonly found.

For example, wild-caught Alaskan salmon is one of the most nutritious foods you can add to your diet. Aside from astaxanthin, it is rich in omega-3 fatty acids that can provide a wealth of benefits to your overall well-being, such as decreased risk of coronary heart disease and arrhythmia. Almost anyone can benefit from omega-3 fatty acids, as it is an essential nutrient that must be obtained through your diet. Going with a natural approach is essentially hitting two birds with one stone.

Frequently Asked Questions About Astaxanthin

Q: Should I take astaxanthin?

A: There's plenty of research that supports the potential health benefits of astaxanthin to your health. In other words, chances are high that taking astaxanthin will help optimize your health.

Q: What is astaxanthin used for?

A: Astaxanthin is generally taken to help improve the antioxidant profile in your system as well as helping lower your risk of cardiovascular disease, among other things.[15]

Q: What does astaxanthin do for the body?

A: Research has shown that astaxanthin may help manage diabetes, lower your risk of heart disease and cancer, and boost your immune system and antioxidant profile.[16]

Q: Is astaxanthin safe to take?

A: Yes, but this only applies to natural astaxanthin that comes from microalgae. Synthetic astaxanthin must be avoided.

Q: How do I take astaxanthin properly?

A: Astaxanthin supplements should be taken alongside foods rich in healthy fats to help improve absorption. This antioxidant may also be obtained naturally through seafood, such as wild-caught Alaskan salmon.

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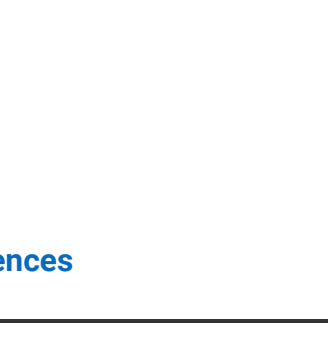

The Truth About COVID-19

by Doctor Joseph Mercola

★★★★★

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Guillermou
Joined On 4/7/2015 8:47:48 AM
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According to a report by Dr. Mercola, astaxanthin is very beneficial for the health of the skin in general, since it helps in sunbathing, increases its elasticity, reduces wrinkles and improves its moisture level. Unlike topical sunscreens, astaxanthin doesn't block UV rays, so it doesn't prevent UVB rays from converting to vitamin D in your skin, which protects your skin from damage. Helps remove intracellular reactive oxygen species and reduce apoptosis. Burn injury progression, by reducing oxidative stress-induced inflammation and mitochondria-related apoptosis. In addition to being effective in fighting COVID-19 and other respiratory illnesses, astaxanthin has also been shown to provide health benefits, protecting against radiation and promoting skin, eye, brain and heart health.

Vitamin D and astaxanthin have been shown to possess effective activity against reactive oxygen species, cell apoptosis, inflammatory and autoimmune disorders. Astaxanthin can reduce inflammation, heart and liver damage, and stroke risk, and in humans it also reduces inflammation and triglycerides Researchers identified many pathways, including an increase in brain-derived neurotrophic factor, by which astaxanthin might slow brain aging Numerous studies also found that astaxanthin has antitumor effects and benefits eye, skin, and heart health www.researchgate.net/profile/Sreelakshmi-M-P-2/publication/354954331_R.. (2021)

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Astaxanthin (Asx) is a potent inhibitor of singlet oxygen and an effective scavenger of superoxide anion. Analysis of the hydroxyl radical scavenging activity of Asx is more potent than vitamin E -tocopherol (-T). www.jstage.jst.go.jp/article/jnsv/65/Supplement/65_S109/_article/-char.. (2019) Astaxanthin suppresses a variety of inflammatory mediators such as tumor necrosis factor alpha, increased prostaglandin and interleukin, nitric oxide, and the enzymes COX-1 and COX-2. A compound in astaxanthin, CDX-08, has been found to significantly increase expression of the FOXO3 gene, which in turn may increase longevity

One in three people have a version of the FOXO3 gene that is linked to longevity, but by turning on the common FOXO3 gene in all humans, scientists can make it behave like the "longevity" gene, and astaxanthin is the mysterious component that activates it Astaxanthin has been shown to slow brain aging by increasing levels of brain-derived neurotrophic factor (BDNF) in the brain, attenuating oxidative damage to lipids, proteins, and DNA, and protecting mitochondrial functions. Emerging data now suggests that ASX can modulate Nrf2, FOXO3, Sirt1, and Klotho proteins that are linked to longevity. Together, these mechanisms provide support for the role of ASX as a potential geroneutroprotector. www.mdpi.com/.../htm (2020)

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Guillermou
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Natural Astaxanthin (ASX) has a clinically proven safety profile and has antioxidant, anti-inflammatory and immunomodulatory properties. ASX has powerful PPAR activity. ASX exerts a protective effect by regulating the expression of the proinflammatory factors IL-1, IL-6, IL-8, and TNF-. prevents oxidative damage and attenuates exacerbation of inflammatory responses by regulating signaling pathways such as NF-B, NLRP3, and JAK/STAT. These evidences provide a rationale for considering natural astaxanthin as a therapeutic agent against the inflammatory cytokine storm and associated risks in COVID-19 infection.

www.sciencedirect.com/.../S0753332220310787 (2020) Previous studies have revealed that astaxanthin (ATX), with its antioxidant property, is beneficial as a therapeutic agent for various diseases without side effects or toxicity. In addition, ATX also shows preclinical antitumor efficacy both in vivo and in vitro in various cancer models. Several investigations have unraveled that TXA exerts its anti-proliferative, anti-apoptotic, and anti-invasion influence through different molecules and pathways, including signal transducer and activator of transcription 3 (STAT3), nuclear factor kappa-light chain enhancer of activated B cells (NF-B) and peroxisome proliferator-activated receptor gamma (PPAR).

Therefore, ATX shows great promise as chemotherapeutic agents in cancer. Here, we review the rapidly advancing field of TXA in cancer therapy, as well as some molecular targets of TXA. The effect of ATX on NF-B has also been studied. ATX was reported to exhibit anticancer effects in DMH-induced rat colon carcinogenesis by inducing apoptosis and regulating NF-B expressions.

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Furthermore, ATX inhibited NF-B and Wnt signaling by downregulating key regulatory enzymes IKK and GSK-3, leading to caspase-mediated mitochondrial apoptosis. Furthermore, the NF-B signaling pathway played an important role in colitis-associated colon carcinogenesis and may be a potential target of colitis-associated colon carcinogenesis. Evidence supports the proposition that various types of cancer are triggered by inflammatory diseases and anti-inflammatory drugs such as aspirin or cyclooxygenase-2 (COX-2) inhibitors could reduce tumor recurrence. The effect of TXA on inflammation has also been explored in cancer. ATX inhibited ROS-induced activation of nuclear factor-B (NF-B) transcription factor, which in turn effectively suppressed the production of inflammatory cytokines such as IL-1, IL-6, and TNF-, through of a restoration of physiological levels of SHP-1 www.mdpi.com/.../htm (2015)

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Guillermou
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Age-related diseases are associated with increased morbidity in recent decades and the cost associated with the treatment of these age-related diseases exerts a substantial impact on health care and social spending. Anti-aging strategies aim to mitigate, delay and reverse the diseases associated with aging, thus improving quality of life and reducing the burden of age-related pathologies. Supplementation with natural dietary antioxidants offers substantial pharmacological and therapeutic effects against various diseases. Astaxanthin is one of those natural carotenoids with antioxidant activity superior to that of other carotenoids, as well as vitamins C and E, and furthermore, it is known to exhibit a large number of pharmacological effects.

Renal disorders [nephrolithiasis, renal fibrosis, renal ischemia reperfusion (RIR), acute kidney injury (AKI) and hyperuricemia], liver diseases [non-alcoholic fatty liver disease (NAFLD), alcoholic liver disease (AFLD), hepatic fibrosis and ischemia -Reperfusion Injury (RI)], Lung Disorders [Pulmonary Fibrosis, Acute Lung Injury (ALI) and Chronic Obstructive Pulmonary Disease (COPD)], Muscle Disorders (Skeletal Muscle Atrophy), Skin Diseases [Atopic Dermatitis (ATD),

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Skin Photoaging, and Wound Healing]. We have also briefly discussed the protective effects of astaxanthin on reproductive health. and hepatic ischemia-reperfusion (IR) injury], lung disorders [pulmonary fibrosis, acute lung injury (ALI), and chronic obstructive pulmonary disease (COPD)], muscle disorders (skeletal muscle atrophy), skin diseases [atopic dermatitis (ATD), skin photoaging and wound healing]. Also consider the protective effects of astaxanthin on reproductive health. and hepatic ischemia-reperfusion (IR) injury], lung disorders [pulmonary fibrosis, acute lung injury (ALI), and chronic obstructive pulmonary disease (COPD)], muscle disorders (skeletal muscle atrophy), skin diseases [atopic dermatitis (ATD), skin photoaging and wound healing, and in reproductive health. www.tandfonline.com/.../10408398.2022.2084600 (2022)

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Guillermou
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The review highlights the efficacy of TXA in relation to Nrf2 activation. The Nrf2 signaling pathway plays a key role in ameliorating various diseases by decreasing oxidative stress and inflammatory responses. Nrf2 is a molecular target of several natural and chemical agents that attenuate oxidative stress and restore the intracellular redox state. This review focused on the protective effect of TXA through Nrf2 signaling pathways, highlighting the efficacy of TXA as antidiabetic, cardioprotective, antiaging, hepatoprotective, lung protective, skin protective, muscle protective, neuroprotective. protective, anticancer, antioxidant and anti-inflammatory agent.

One of the main causes of dermal lesions and skin aging is oxidative stress and the generation of ROS, which are associated with DNA damage, decreased antioxidant capacity, inflammation, and production of matrix metalloproteinases (MMPs) that damage the dermal proteins of the skin. ATX has significant antioxidant efficacy in dermal fibroblasts, by regulating Nrf2-modulated HO-1 expression, resulting in protection against oxidative injury. ATX has been reported to induce the expression of Nrf2 in irradiated cells, as well as the expression of antioxidant enzymes such as HO-1, SOD2, CAT, and GPX1.

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The efficacy of TXA in protecting against the development of burn wounds by decreasing oxidative stress has been demonstrated in an in vivo model. This efficacy was associated with modulation of free radical generation by affecting xanthine oxidase (XO) and attenuated nicotinamide adenine dinucleotide phosphate (NADPH) oxidase (Nox), which are involved in ROS production. ATX lowered the level of malondialdehyde (MDA) and enhanced antioxidant activity, repairing liver damage and reducing oxidative stress. Furthermore, Nrf2 expression was upregulated, while Keap1 expression was downregulated.

In addition, ATX has been shown to reduce interleukin-1 (IL-1) and interleukin-6 (IL-6) levels, as well as NF-B (p65) and i-kappa-B-alpha (IB) expression.) proteins In general, it has been postulated that the antiaging efficacy of TXA is mediated by the activation of the Nrf2/Keap1/NF-B pathways and the consequent antioxidant activity, as well as the antiimmunosenescence activity associated with the activation of multiple immune mediators. In Figure 1. Diagram of the signaling pathways associated with ATX. www.sciencedirect.com/.../S0753332221001591 (2022)

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pjmauigirl
Joined On 4/14/2021 12:00:14 PM
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THank you Gui for your sharing your extensive research!

Mark as Spam | Posted On 8/19/2022 9:28:00 AM
Like Dislike

Guillermou
Joined On 4/7/2015 8:47:48 AM
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Thank you pjmauigirl. I am glad that the information can be useful.

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Disapeared
Joined On 10/5/2021 3:48:05 PM
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Article theme affirmation: I was forced into being a world-class life-long trial and error laboratory rat to survive uncountable "attacks" on my body. One such: Almost from the beginning of the computer age, I had a job of staring at workstations and other screens. Over the years, I needed ever-stronger eye-glasses subscriptions. About 1/4 century ago, I began including astaxanthin in my health protocol. My eyesight kept improving and I could abandon my glasses for all activities, except driving. That has baffled several ophthalmologists. One of them told me, "keep on doing what you are doing."

Reply | Mark as Spam | Posted On 8/19/2022 7:17:53 AM
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IgotMYownNATION
Joined On 8/16/2021 12:15:03 AM
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Sometime in 2018/2019-ish, I began to feel like I couldn't always take a "full" breath-- like I wasn't able to exhale all of the carbon dioxide in my lungs, and I would have to hold the 'end' of my exhale for a few extra counts or "force" a yawn before it felt like I could again completely fill my lungs with oxygen. I had known the feeling previously as a kid when I grew up in a house that was filled with second-hand smoke, but figured I had just grown out of it. In the spring/summer of 2020, when seemingly everyone *UNLAWFULLY* believed they could force face diapers in order for someone to remain employed or shop for basic goods, I scheduled a virtual meeting with my (now former) Doc hoping for an exemption- which, of course, he denied- but I found it interesting when I described to him my difficulty to take a "full" breath and he told me that he had been hearing a lot of the 'same thing' from other people (maybe because of the dramatic increase in oxygen-depleting and mitochondria-degrading EM radiation, perhaps?).

Over the next year I had learned about astaxanthin and began to occasionally chew an 8mg gummy. Almost immediately after the first one I noticed that I had no problem taking "full" breaths. I don't even take them regularly, and rarely do I chew one with a meal (which is suggested), but it has been enough to take care of the disconcerting issue of being unable to take a full breath of oxygen. Astaxanthin is legit.

Reply | Mark as Spam | Posted On 8/19/2022 3:06:44 AM
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Guillermou
Joined On 4/7/2015 8:47:48 AM
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Congratulations on your excellent results. In this review experimental evidence showing the health benefits of ASX in relieving asthma, COPD and emphysema; ALI, pulmonary fibrosis and lung cancer. Potential beneficial effects of ASX were mediated by inhibition of Nrf-HO-1 pathway activation, NF-B signaling, MAPK signaling, JAK/STAT-3 signaling, and PI3K/Akt pathway . ASX also exerts its efficacy against lung diseases by modulating the immune response, particularly by reducing Th1 cytokines. Suggested molecular mechanisms of action for ASX in the prevention of lung diseases. ASX activates the Nrf-HO-1 pathway to inhibit the development of emphysema and COPD and asthma.

ASX suppresses NF-B, MAPK, JAK/STAT-3, PI3K/Akt pathways. ASX downregulates Th1-mediated immune responses to alleviate asthma. ASX inhibits acute lung injury through its effect on the NF-B and JAK/STAT-3 pathways; alleviates pulmonary fibrosis by suppressing NF-B and MAPK pathways and NSCLC via ASX supplementation via inhibited MAPK and PI3K/Akt pathways. ASX, astaxanthin; COPD, chronic obstructive pulmonary disease; JAK/STAT-3, Janus kinase signal transducers and activators of transcription-3; MAPK, mitogen-activated protein kinase; Nrf-HO1, nuclear respiratory factor-2/heme oxygenase 1; NSCLC, non-small cell lung cancer; PI3K, phosphoinositide 3-kinase; Rh1,

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ASX significantly alleviated pulmonary fibrosis and improved mitochondrial morphology as well as SOD and catalase activities in the animals. Furthermore, none of the studies reported genotoxicity or hepatotoxicity with high-dose ASX supplementation, indicating that ASX has the potential to be applied as a safe dietary supplement or medical compound to alleviate lung disease. Two in vivo studies demonstrated the efficacy of ASX supplementation against COPD and emphysema. The effect of 12-week ASX supplementation against cigarette smoke-induced COPD has been demonstrated in an animal model in which ASX-fed mice developed less severe emphysema (8). These findings are in line with another study in which 9-day ASX supplementation at doses of 10 and 20 mg/kg body weight inhibited cigarette smoke-induced COPD in mice (38).

Furthermore, both studies reported reduced amounts of IL-6, TNF-, and reactive oxygen species in bronchoalveolar lavage fluid (BALF), suggesting an anti-inflammatory role for ASX. Roflumilast (ROF) is a prescription medication used in the treatment of COPD. Interestingly, the effects against emphysema and inflammation were comparable between 20 mg/kg BW ASX and 10 mg/kg BW ROF indicating that ASX can be used as a dietary strategy to mitigate emphysema and smoke-induced COPD. academic.oup.com/.../5975037 (2021)

Mark as Spam | Posted On 8/19/2022 12:47:31 PM
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Shasha
Joined On 5/10/2007 4:23:27 PM
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Astaxanthin is awesome! It gets rid of free radicals and helps inflammation/swelling/vision/sleep etc. 12mg may feel good, but may be too high. It may last more than a month and may block chemical reactions. My nails are not growing. It is an antioxidant. A person can over do antioxidants. Experiment to find the dose that works the best for you. To me Astaxanthin is like grounding which also helps with free radicals/inflammation/swelling which you also don't want to over do. My krill oil has 1mg of Astanxanthin in it which I take daily. Astaxanthin helped my brain think and got all the swelling/inflammation out of me with my Lyme. Light seemed too bright. Maybe it blocked B vitamins? I am still experimenting and learning. I want the dose that helps the most and doesn't over do it. Astanxanthin is awesome...great help! www.youtube.com/watch

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skupe59
Joined On 5/2/2009 7:28:21 AM
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For me, 4 mg is too little. 12 mg is just perfect. Experiment for yourself, most definitely.

Mark as Spam | Posted On 1/18/2021 10:14:49 PM
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Leahoz
Joined On 2/2/2020 9:55:19 AM
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Great supplement! I have been using Astaxanthin for 1.5 years. No more wearing glasses to read. However, in Aussieland it is expensive, but IMHO well worth it. Cheers.

Reply | Mark as Spam | Posted On 3/29/2021 11:39:54 AM

Like Dislike

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skupe59
Joined On 5/2/2009 7:28:21 AM
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I love this stuff and have been taking it continuously since 2007, on the day I found out about it. One thing the article doesn't mention is that astaxanthin is good for your eyes and could be good for eye diseases like cataracts and glaucoma. This hasn't been proven but I'll be my own guinea pig. I call it my sun tan lotion in a capsule as no lotion is usually needed. If I had kids, I would start them taking it as soon as they turn 10 so they don't have to use the harmful sun tan lotion either.

Reply | Mark as Spam | Posted On 1/18/2021 10:08:10 PM

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Formaggio
Joined On 8/8/2010 12:15:53 PM
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"One thing the article doesn't mention is that astaxanthin is good for your eyes and could be good for eye diseases like cataracts and glaucoma." It does.

Mark as Spam | Posted On 8/19/2022 4:25:41 AM

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Mercola_Fan
Joined On 1/11/2009 12:28:23 AM
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It mentions visual benefits. Maybe you're not taking enough. :)

Mark as Spam | Posted On 8/19/2022 11:36:38 AM

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CooperJB
Joined On 6/19/2006 2:58:38 PM
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ONE SUBJECT THAT I NEAR NEVER READ ABOUT IS WHAT OTHER SUPPLEMENTS CAN ONE TAKE AT THE SAME TIME / DAY. So that they don't react negatively>>> even many of the Naturopaths are not fully aware but often say its OK. ??? I was recently told that a brand of the supps I was to take was Soy and GMO free inquisitive me wrote to the business and disappointingly their reply was YES SOY YES GMO??? And this is a well known respected Australian Supplement brand So does anyone know the answer OR know if there is a website to read up on the subject of supplements to NOT take at the same time???? Thank you freedom of choice freedomofchoice

Reply | Mark as Spam | Posted On 8/19/2022 2:54:59 AM

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BlueQuasilica
Joined On 1/9/2016 9:34:17 AM
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Hi CooperJB, good day. As far as I know, Dr. Mercola has already written an article about the timing and intake of different supplements. I've included two infographic links in case you need to download it. i.imgur.com/tc6khU5.jpg AND i.imgur.com/nOUTBic.jpg I hope that helped out your inquiry.

Mark as Spam | Posted On 8/19/2022 5:35:45 AM

Like Dislike

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skupe59
Joined On 5/2/2009 7:28:21 AM
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I know in nutrition school I learned almost nothing about supplements. The same would go for medical schools. I would say No GMO and No Soy or Cellulose caps. When I find bovine gelatin caps, I grab them.

Mark as Spam | Posted On 8/19/2022 11:51:12 AM

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Imoberoi
Joined On 3/7/2008 10:08:01 PM
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Astaxanthin does protect one front UV rays but what is the safe UV index value if one is not taking astaxanthin and still goes in sun?

Reply | Mark as Spam | Posted On 8/19/2022 2:43:26 AM

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