Accommodate abstract Nanako

Title;Effects of Astaxanthin on Accommodative Recovery

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Figure&Table&Reference;FIG.9, TBL.2, REF.10

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Abstract;Effects of astaxanthin on accommodative recovery derived from a rest after VDT (visual display terminal) working was studied. Ten healthy volunteers were entered into the study, and except one subject who developed allergic conjunctivitis during the study, 9 of whom were evaluated (9 dominant eyes) by values of objective diopter, HFC (High Frequency Component in Accommodative micro-fluctuation) and accommodative reaction. Consequently, increase of HFC after the rest was significantly restrained by astaxanthin uptake compared to that shortly after working. Therefore, Astaxanthin was suggested to have effects on accommodation during recovery process of accommodative fatigue to relieve fatigue rapidly.