

# "The Healthy Ten"

Ten Clinically-Validated Benefits of Natural Astaxanthin\*

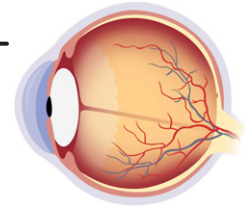


## Brain Health

- 9 Human Clinical Studies
- 83 Supporting Pre-Clinical Trials

## Eye Health

- 15 Human Clinical Studies
- 29 Supporting Pre-Clinical Trials

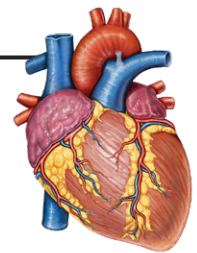


## Skin Health & UV Protection

- 12 Human Clinical Studies
- 38 Supporting Pre-Clinical Trials

## Cardiovascular Support

- 11 Human Clinical Studies
- 56 Supporting Pre-Clinical Trials

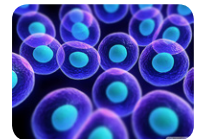


## Immune System Modulation

- 5 Human Clinical Studies
- 28 Supporting Pre-Clinical Trials

## Anti-Aging & Cellular Health

- 62 Human Clinical Studies
- 334 Supporting Pre-Clinical Trials



## Reproductive and Hormonal Health

- 5 Human Clinical Studies
- 23 Supporting Pre-Clinical Trials

## Athletic Performance & Energy Levels

- 18 Human Clinical Studies
- 35 Supporting Pre-Clinical Trials

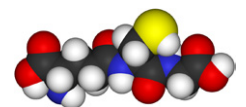


## Joint, Tendon and Muscle Support

- 10 Human Clinical Studies
- 78 Supporting Pre-Clinical Trials

## World's Strongest & Highest Quality Natural Antioxidant

- 13 Human Clinical Studies
- 114 Supporting Pre-Clinical Trials



**algaehealth**  
IMPROVING HEALTH WITH ALGAE



Member of NAXA A

**BGG** Company  
Your natural partner

# World's Strongest & Highest Quality Natural Antioxidant

## Clinical Trial Results

- Reduces various oxidative stress markers
- Prevents oxidative damage
- Prevents peroxidation of blood lipids including LDL cholesterol
- Increases oxygen scavenging activity and suppresses peroxide production
- Dosage range 2mg to 4mg per day



## In-Vitro Research Results

- Multiple times stronger than all other antioxidants tested in various head-to-head antioxidant experiments regardless of testing method
  - Generally at least 10X stronger than all other carotenoids
  - 800X stronger than CoQ10
  - 550X stronger than Vitamin E
  - 6000X stronger than Vitamin C
  - 18X stronger than Pycnogenol®
- 20X to 90X stronger than Synthetic Astaxanthin as an antioxidant in three separate tests from two peer-reviewed studies



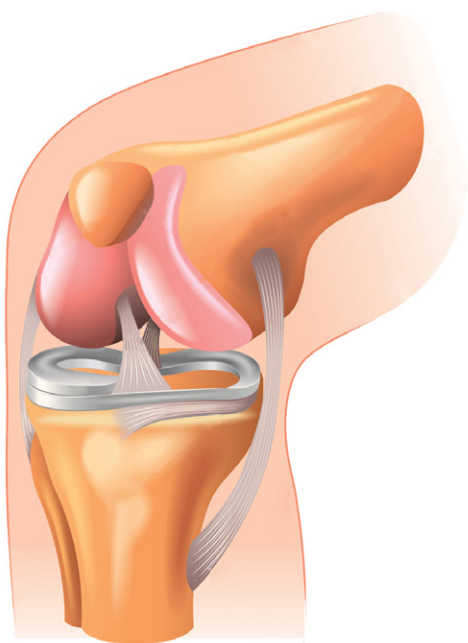
Member of NAXA



# Joint, Tendon and Muscle Support

## Clinical Trial Results

- Prevents muscle damage and inflammation in athletes
- Reduces pain in rheumatoid arthritis sufferers
- Decreases pain rate and pain duration in carpal tunnel syndrome sufferers
- Improves grip strength by 93% in sufferers of tendonitis (tennis elbow) with reduced pain and improved mobility
- Reduces joint and muscle pain in heavily-training athletes
- Decreases C-Reactive Protein (CRP) levels (key marker for systemic or “silent” inflammation)
- Dosage range 4mg to 12mg per day



## In-Vitro Research Results

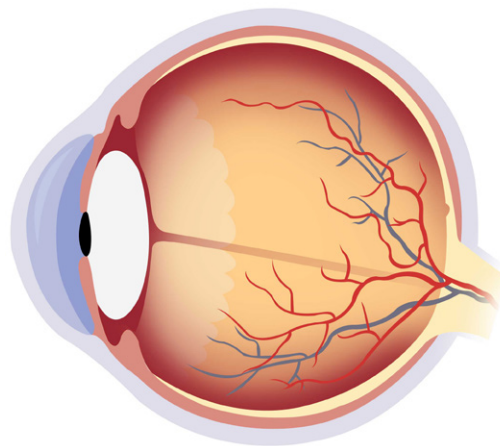
- Astaxanthin has been shown to support 8 different inflammatory response markers without side effects or contraindications
  - Tumor Necrosis Factor-A
  - Prostaglandin E-2
  - Interleukin 1-B
  - Interleukin 6
  - Nitric Oxide
  - Nuclear Factor Kappa-B
  - Cox 1 Enzyme
  - Cox 2 Enzyme



Member of NAXA



# Eye Health



## Clinical Trial Results

- Dose-dependently improves visual acuity (the ability to see fine detail)
- Improves depth perception
- Improves eye fatigue
- Also can prevent eye fatigue
- Increases retinal capillary blood flow
- Increases blood flow velocity to the eyes
- Prevents eye strain
- Improves eye accommodation (adjustment of the lens that allows it to focus)
- Reduces blurred vision
- Reduces eye soreness
- Prevents eye dryness
- Prevents diplopia (double vision)
- Dosage range 4mg to 8mg per day



# Brain Health

## Clinical Trial Results

- Prevents age-related decline in cognitive function
- Improves psychomotor function in elderly subjects
- Improves marker for dementia in middle-aged and senior subjects and may contribute to the prevention of dementia from aging
- Improves cognitive function in healthy middle-aged and elderly subjects
- Improves psychomotor speed and processing speed in patients with mild cognitive impairment
- Decreases mental fatigue and depression
- Dosage range 6mg to 12mg per day



Member of NAXA

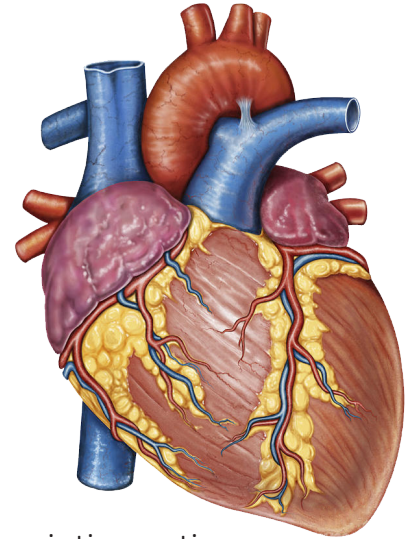




# Cardiovascular Support

## Clinical Trial Results

- Improves blood lipid parameters in patients with mild hyperlipidemia
- Dose-dependently inhibits LDL cholesterol oxidation
- Decreases systolic and diastolic blood pressure
- Improves blood flow rate
- Decreases heart rate of athletes when doing endurance training
- Dosage range 4mg to 18mg per day



## Key In-Vitro Study Result

- Completely negates the pro-oxidant effects of Vioxx (prescription anti-inflammatory that caused heart attacks in some consumers due to it becoming a pro-oxidant)

# Skin Health and Beauty-from-Within

## Clinical Trial Results



- Reduces fine lines and wrinkles
- Improves skin moisture and elasticity
- Prevents skin sagging
- Prevents skin deterioration due to UV and other environmental factors
- Prevents photo-aging of skin
- Rejuvenates facial skin
- Improves skin conditions in all layers of the skin (corneocyte layer, epidermis, basal layer and dermis)
- Dosage range 4mg to 6mg per day



Member of NAXA



# Athletic Performance and Energy Levels

## Clinical Trial Results

- Improves power output by 15% and reduces racing time by 5% in competitive cyclists
- Promotes recovery from exercise
- Prevents mental and physical fatigue
- Improves endurance
- Increases strength in healthy subjects
- Increases grip strength in sufferers of tennis elbow by 93%
- Decreases lactic acid levels
- Decreases respiratory parameters during exercise
- Helps prevent muscle damage and inflammation in elite soccer players
- May be effective in preventing exercise-induced free radical production
- Improves oxidative status in athletes
- Prevents joint and muscle soreness after exercise
- Decreases heart rate in athletes doing endurance training
- Dosage range 4mg to 12mg per day



# Immune System Modulation

## Clinical Trial Results



- Improves a variety of immunity markers in subjects at only 2mg per day in eight weeks
  - Increases the total number of antibody-producing B-cells
  - Amplifies natural killer cell cytotoxic activity
  - Leads to increased number of T-cells
  - Stimulates white blood cell counts
  - Significantly increases delay-type hypersensitivity response
  - Dramatically reduces DNA damage
- Raises immunoglobulin levels in healthy athletes
- Suppresses lymphocyte activation in patients with allergic rhinitis and pollen-related asthma
- Leads to therapeutic improvement in patients suffering from auto-immune disease
- Dosage range 2mg to 4mg per day



Member of NAXA



# Reproductive and Hormonal Health

## Clinical Trial Results

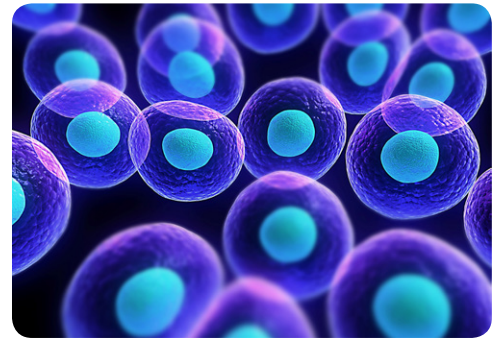
- Improves sperm functioning, sperm linear velocity, sperm quality and sperm motility
- Decreases reactive oxygen species in sperm
- May be used to decrease male idiopathic infertility
- Improves conception rate in infertile men
- Also improves sperm functioning and motility in normal men without any fertility issues
- In combination with Saw Palmetto, increases testosterone levels in healthy men
- Dosage 16mg per day



# Anti-Aging and Cellular Health

## Clinical Trial Results

- Skin Health and Beauty-from-Within
- Eye & Brain Health
- Joint, Tendon & Muscle Health
- Cardiovascular Protection
- Immune System Modulation
- Strength, Endurance and Energy Levels
- Dosage range 4mg to 12mg per day



## In-Vitro Research Results

- Mitochondria protection
- Prevention of damage to DNA
- Profound inhibition of oxidation
- Safe & natural anti-inflammatory activity



Member of NAXA



# Major Areas of Pre-Clinical Research



- |                                 |            |
|---------------------------------|------------|
| • Support of Healthy Cell Lines | 63 studies |
| • Liver & Kidney Health         | 50 studies |
| • Glucose Metabolism Management | 32 studies |
| • Gastrointestinal Health       | 19 studies |
| • Respiratory Health            | 7 studies  |

\* Please note this document is available for various countries all over the world and hence it may contain statements not applicable to your country.



Member of NAXA



Company