

Exercise survey with 88% reporting improvement

“In March 2001, a health survey looked at the various positive effects of Astaxanthin on exercise. The survey involved 247 between the ages of 20 and 87 years. 146 of those taking part reported problems with muscle and joint soreness. When taking Astaxanthin, 88% of participants reported improvement. In all cases, the more exercise an individual did, the more benefit was experienced.”

Guerin, M, Huntley, M, Olaizola, M. “Haematococcus astaxanthin: health and nutrition applications.” Mera Pharmaceuticals, Inc. Review presented at the 1st Congress of the International Society for Applied Phycology/9th International Conference on Applied Phycology, May 2002, Almeria, Spain.