

# Astamax

Astaxanthin 2 & 4 Capsule

## Presentation

Astamax 2 Capsule: Each capsule contains 2 mg Astaxanthin INN.

Astamax 4 Capsule: Each capsule contains 4 mg Astaxanthin INN.

## Description

Astaxanthin has both a very potent neutralizing effect against singlet oxygen as well as a powerful scavenging ability for free radicals. Therefore, Astaxanthin serves as an extremely effective antioxidant. Astaxanthin is absorbed by passive diffusion into the intestinal epithelium, this carotenoid is then incorporated into lipoproteins, transported to the liver via lymph and blood, and partly resecreted with lipoproteins. More than 70% of the Astaxanthin is contained in the high-density lipoprotein (HDL) fraction of the plasma and Astaxanthin concentration in the small intestine is highest, followed by subcutaneous fat, abdominal fat, spleen, liver, heart, kidney and skin. The lowest concentration is in the muscles.

## Indications

Astamax is indicated as strong antioxidant. Also indicated in –

- Cardiovascular health
- Strength and endurance & immune system development
- Skin condition improvement
- Protection of skin from damage caused by sunlight
- Brain and central nervous system health
- Arthritis
- Silent inflammation
- Eye health

## Dosage and Administration

The recommended daily dosage is fairly standardized at a 4 mg per day. Following is a table of recommended dosages:

Dosage	Use
2-4 mg	Antioxidant, Cardiovascular Health, Immune System Enhancer
4-8 mg	Internal Beauty and Skin Improvement, Strength and endurance, Brain and Central Nervous System Health, Eye Health
4-12 mg	Arthritis, Silent inflammation(C-reactive protein), Internal Sunscreen

## Side Effects

No reports have been found regarding Astaxanthin.

## Contraindications

Astaxanthin is contraindicated in those hypersensitive to any component of an Astaxanthin containing supplement.

## Precautions

Pregnant women and nursing mothers should avoid Astaxanthin containing supplements.

## Drug Interactions

Concomitant intake of Astaxanthin with Cholestyramine, Colestipol, Mineral oil, Orlistat may reduce the absorption rate of Astaxanthin.

### **Use in Pregnancy and Lactation**

Both pregnant women & lactating mother should avoid Astaxanthin containing supplements.

### **Over dosage**

No case of over dose has occurred with Astaxanthin. No symptoms of acute toxicity were seen at the dosage above the recommended one.

### **Pharmaceutical Precautions**

Store at below 30°C in a dry place protected from light. Keep out of reach of children.

### **Commercial Packs**

Astamax 2 Capsule: Each Box contains 3X10 capsules in alu-alu blister pack.

Astamax 4 Capsule: Each Box contains 2X10 capsules in alu-alu blister pack.