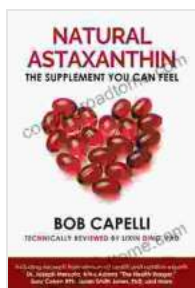


# Natural Astaxanthin: The Supplement You Can Feel

Astaxanthin is a powerful antioxidant that is found in certain types of algae, yeast, and seafood. It is a member of the carotenoid family, which are pigments that give plants and animals their color. Astaxanthin has been shown to have a wide range of health benefits, including:

\* Reducing inflammation \* Boosting the immune system \* Protecting against oxidative damage \* Improving skin health \* Enhancing exercise performance



## Natural Astaxanthin "The Supplement You Can Feel"

by Bob Capelli

★★★★★ 5 out of 5

Language : English

File size : 18982 KB

Lending : Enabled



## What is Natural Astaxanthin?

Natural astaxanthin is a type of astaxanthin that is derived from algae. It is the most bioavailable form of astaxanthin, meaning that it is more easily absorbed by the body. Natural astaxanthin is typically found in supplements, which are available in capsule or liquid form.

## How Does Natural Astaxanthin Work?

Astaxanthin works by neutralizing free radicals, which are unstable molecules that can damage cells and lead to a variety of health problems. Astaxanthin is also able to cross the blood-brain barrier, which means that it can protect the brain from oxidative damage.

## **What are the Benefits of Natural Astaxanthin?**

Natural astaxanthin has been shown to have a wide range of health benefits, including:

\*

### **Reducing inflammation**

Astaxanthin has been shown to reduce inflammation by inhibiting the production of inflammatory cytokines. This can help to improve symptoms of conditions such as arthritis, asthma, and inflammatory bowel disease.

\*

### **Boosting the immune system**

Astaxanthin has been shown to boost the immune system by increasing the production of white blood cells. This can help to protect the body from infection and disease.

\*

### **Protecting against oxidative damage**

Astaxanthin is a powerful antioxidant that can help to protect the body from oxidative damage. Oxidative damage is caused by free radicals, which are

unstable molecules that can damage cells and lead to a variety of health problems.

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### **Improving skin health**

Astaxanthin has been shown to improve skin health by reducing inflammation and protecting against oxidative damage. This can help to reduce wrinkles, fine lines, and other signs of aging.

\*

### **Enhancing exercise performance**

Astaxanthin has been shown to enhance exercise performance by reducing muscle fatigue and increasing endurance. This can help athletes to train harder and longer, and to recover more quickly from workouts.

### **Is Natural Astaxanthin Safe?**

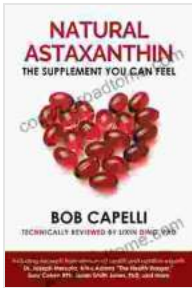
Natural astaxanthin is generally safe for most people. However, it is important to talk to your doctor before taking astaxanthin if you are pregnant, breastfeeding, or have any other health concerns.

### **How to Take Natural Astaxanthin**

Natural astaxanthin is typically taken in supplement form. The recommended dosage is 4-8 mg per day. Astaxanthin can be taken with or without food.

Natural astaxanthin is a powerful antioxidant that has a wide range of health benefits. It is a safe and effective way to improve your health and

well-being.



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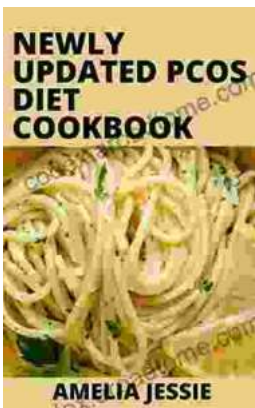
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