ASTAXANTHIN FOR ATHLETES

The science is clear — Astaxanthin can help up your physical game. From pro-athlete to weekend warrior, take astaxanthin every day to support the following:

Provides anti-inflammatory and antioxidant support after exercise* to the energy-producing part of our cells, the mitochondria. Mitochondria are the “powerhouses” of cells that generate energy.*7

Supports joint and muscle soreness after intense exercise*
A University of Memphis study involving men training with weights found reduced muscle soreness as well as the absence of joint soreness that was originally reported.6

Improves athletic performance.*
Astaxanthin was given to healthy men for six months. Their strength was tested after this time frame using a Smith machine. Results showed that taking astaxanthin improved their performance threefold.4

Supports recovery from exercise*
A study with healthy volunteers using progressively heavier loads in a stepwise exercise showed that supplementation with astaxanthin improved metabolism and respiratory-circulatory ability, plus anti-fatigue and antioxidant profiles were increased.3

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Boosts post-exercise recovery*
In a study with soccer players, astaxanthin was found to reduce muscle damage and protected the functionality of muscle cells during heavy exercise. Astaxanthin helped maintain a normal inflammatory response in the athlete's muscles.

Improves performance* & power output during cycling
A study with competitive cyclists taking a 4mg minimal amount of astaxanthin for 1 month showed an increase power output of 15% on average. Astaxanthin ultimately helped contribute to making the cyclists faster and stronger.*

Decreases lactic acid build up
Lactic acid can build up during exercise and cause burning in muscles. In a study that required men to run 1200 meters, lactic acid was measured before and after running. Two minutes after exercise, a statistically significant decrease in lactic acid levels was reported suggesting an improvement in aerobic muscle metabolism.5

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.