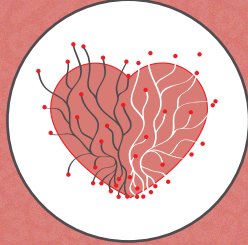


# ASTAXANTHIN

## STRENGTH IN NUMBERS

# 38%

Percentage of Canadians who have dyslipidemia [unhealthy cholesterol levels]. Studies have shown astaxanthin consumption (at least 6 mg) can steadily increase HDL Cholesterol in both healthy and less healthy individuals.



### OVER 5 MILLION

High blood pressure, high LDL cholesterol and smoking are known to be key risk factors for heart disease.

Of Canadians aged 12 and older: 19.3%, (5.7 million) people smoke while 17.7% (5.3 million) reported being diagnosed with high blood pressure. Clinical studies suggest that oral supplementation of natural astaxanthin may reduce the risk of cardiovascular complications.

# 2

milligrams

# 4

milligrams

# 6

milligrams



While as little as **2 mg** and **4 mg** of astaxanthin can provide you with some health benefits, clinical studies have shown that **6 mg** provide the body with benefits for **heart** health, **skin** health, **antioxidant** protection, **muscle** endurance and more.

# 5

## PERCENT

reduction in eye fatigue symptoms of individuals after using astaxanthin for

## 4 WEEKS



## ASTAXANTHIN FOR ATHLETES

Endurance athletes can generate 70% more free radicals during exercise than during times of rest, which can lead to muscle fatigue. Astaxanthin has been shown to protect the body from free radicals and improve endurance.

1. <http://www.statcan.gc.ca/pub/82-625-x/2014001/article/14122-eng.htm>
2. <http://www.statcan.gc.ca/pub/82-625-x/2014001/article/14020-eng.htm>
3. <http://www.statcan.gc.ca/pub/82-625-x/2014001/article/14025-eng.htm>