

ALGASTIN **MW**



Algastin MW is a top food supplement aimed to support the **human mental wellbeing**.

The composition of active substances designed by **specialists** resulted in a high-quality product formed by a synergistic complex of **astaxanthin, pure EPA (omega-3), vitamins B6 and B9**.

Each of the active substances has **specific effect** on the human wellbeing.



Mental wellbeing



ALGASTIN MW and MENTAL WELLBEING

WHAT ENDANGERS OUR MENTAL WELLBEING?

Mental wellbeing is essential for humans because it helps them to cope with negative factors of the busy present. Mental wellbeing is closely related to physical wellbeing.

Negative factors:

- Stress
- Nervousness
- Lack of physical exercise
- Wrong eating habits
- Air pollution
- Overwork

HOW DOES ALGASTIN MW HELP?

- Improves the overall condition of the body
- Reduces the overall tiredness
- Improves the mental condition
- Reduces headache
- Reduces irritation
- Improves the sleep quality



ACTIVE INGREDIENTS and THEIR EFFECTS



ASTAXANTHIN

Algastin

Natural astaxanthin from an alga *Haematococcus pluvialis*

Natural astaxanthin obtained from the freshwater microalga *Haematococcus pluvialis* is the only one approved for human consumption. Algamo astaxanthin is obtained by ultra clean supercritical fluid extraction by carbon dioxide. It is a bio-based natural product produced using no solvents.

How can astaxanthin help:

- Increases the cell energy
- Increases the ability to concentrate
- Improves memory
- Delays mental aging
- Maintains healthy immunity
- Supports muscular endurance
- Has antioxidant effect

Astaxanthin power to eliminate the singlet oxygen (a DNA-damaging radical) is:

- 200x stronger than that of lutein
- 500x stronger than that of vitamin E
- 560x stronger than that of green tea catechins
- 800x stronger than that of coenzyme Q10
- 3000x stronger than that of resveratrol
- 6000x stronger than that of vitamin C

Four basic attributes differentiating astaxanthin from other antioxidants:

- 1) Astaxanthin positions itself across the entire cell membrane and protects the whole cell
- 2) Astaxanthin is not a pro-oxidant
- 3) Astaxanthin passes the blood-brain and blood-retinal barrier
- 4) Astaxanthin binds to the muscle tissue

Astaxanthin is able to cope with up to 19 free radicals at the same time while most of other antioxidants with only one.



Omega-3 EPA

Eicosapentaenoic acid (EPA) has a number of **important functions**. Inflammation-alleviating signal molecules (eicosanoids) are formed in the human body from it.

EPA also **prevents** a number of mental diseases, especially depressions.

Low EPA level in the body is related to increase of **mental disorders**, including depressions, motor function disorders, heart disorders, and neurodegenerative diseases.

Omega-3 fatty acids are in form of **easily absorbable and stable triglycerides** (TG). Like astaxanthin, they are obtained by ultra clean supercritical fluid extraction by carbon dioxide. It is a bio-based **natural product** produced using no solvents.

- Prevents a number of mental diseases
- Helps to prevent depressions, motor function disorders, heart and neurodegenerative disorders
- Protects genes and the cell cycle
- Helps to fight against the stress reaction
- Sufficient long-life intake of EPA helps to prevent a number of chronic diseases

Vitamin B6

is a common name for three substances - pyridoxol, pyridoxal, and pyridoxamine. Derivatives influencing the metabolism of amino acids and saccharides are formed from them in the body.

- Helps to prevent stress and depressions
- Maintains the correct level of magnesium which improves memory, judgment and thinking
- Utilizes the unsaturated fatty acids
- Influences positively the metabolism of cholesterol
- Increases the natural defence of the body
- Prevents the nervous diseases.
- Reduces tiredness
- Accelerates regeneration

Vitamin B9

is a water-soluble vitamin B. It is one of the essential nutrients for the human brain.

- Participates in correct function of the nervous system
- Reduces exhaustion and tiredness
- Contributes to correct mental functions
- Helps the body to fight against depressions, fear and anxiety
- Activates the immune system