



ALGAMO

ALGASTIN OED

Body systems support

4 important nutrients in a single capsule

Astaxanthin | Omega-3 fatty acids | Vitamin E | Vitamin D



- 1 Natural Astaxanthin** - the strongest known antioxidant of highest quality having multiple benefits for human's body.
- 2 Omega-3 fatty acids** - essential fatty acids that our body cannot produce by itself are essential for human's health.
- 3 Vitamin E** - natural, fat-soluble vitamin; supports heart, blood vessels, blood circulation, nervous system, brain, female reproductive organs, eyes and skin.
- 4 Vitamin D3** - acts as a catalyst of various chemical reactions in human's body. It was identified in almost all types of human cells and tissues.

Algastin - natural astaxanthin produced by the algae *Haematococcus Pluvialis*

Natural astaxanthin produced by the microalgae *Haematococcus pluvialis* is **the most powerful known antioxidant**. It occurs naturally in algae, salmon, lobsters, shrimps, etc. These organisms are in dependence on the astaxanthin content coloured orange to red. Studies have shown that it is just astaxanthin that provides salmon with strength and endurance for their long run upstream the rivers and waterfalls.

Many scientific studies have shown that astaxanthin has beneficial effects not only on **cardiovascular system, eyes and brain but also on immune system, muscles and skin.**

Astaxanthin singlet oxygen quenching ability (DNA damaging radical) has been found to be:

200x stronger than that of lutein

500x stronger than that of vitamin E

560x stronger than that of catechins contained in green tea

800x stronger than that of coenzyme Q10

3000x stronger than that of resveratrol

6000x stronger than that of vitamin C

Unlike other antioxidants, astaxanthin shows all the following characteristics:

- Crosses the blood-brain barrier and provides the brain with antioxidant protection
- Crosses the blood-retina barrier and provides the eyes with antioxidant and antiphlogistic protection
- Eliminates more free radicals than any other antioxidant
- Works as an extremely strong antioxidant for neutralisation of singlet oxygen
- Travels through the body and provides antioxidant protection to all the organs
- Inhibits inflammation
- Strong UVB radiation absorber
- Reduces DNA damage
- Does not demonstrate oxidation effects - it is a pure antioxidant
- Can be bound in muscular tissue

The above stated list of astaxanthin activity is translated into beneficial effects on:

- 1) Eyes
- 2) Brain
- 3) Cardiovascular system
- 4) Cells aging
- 5) Joints and tendons
- 6) Skin and UV radiation protection
- 7) Immune system
- 8) Sport performance and energy





Omega-3 fatty acids

Belong to the group of polyunsaturated fatty acids that cannot be produced by our body on its own and have to be a part of our diet.

1. EPA (Eicosapentaenoic Acid)

EPA plays an important role in human body. It is being converted to signal molecules called „eicosanoids“ that reduce inflammations.

The Eicosapentaenoic Acid also has a beneficial effect of preventing development of various mental illnesses, especially depression.

2. DHA (Docosahexaenoic Acid)

DHA is an important component of cellular membranes, especially in nerve cells and brain. DHA accounts for 40% of the polyunsaturated fatty acids in the brain.

In dependence on the quantity, the omega-3 fatty acids can have following beneficial effects

1. Reduce significantly level of plasma triglycerides
2. Help to reduce the excessive amount of fat stored in liver
3. Help to reduce the symptoms of depression and anxiety
4. Reduce inflammation, work as very effective pain relief agents
5. Reduce the risk of Alzheimer's disease and dementia development

Vitamin E

Is fat-soluble, stored especially in adipose tissues, liver and muscles and it is an important antioxidant that fights free radicals in our organism and helps to eliminate unwanted noxious substances originating in liver.

Beneficial effects of vitamin E

1. Antioxidant
2. Promotes heart and blood vessels
3. Promotes blood circulation
4. Cells protection
5. Promotes brain and nervous system health
6. Improves woman's health
7. Improves skin health

Vitamin D

Is produced in a high degree via synthesis in the skin induced by sun exposure; it is one of the essential vitamins. Up to 59% of the human population suffers from vitamin D deficiency. Insufficient vitamin D production can lead to various serious diseases like diabetes, cancer, osteoporosis, cardiovascular diseases and weakened immune system.

Deficiency risk factors:

- Age above 50 years
- Overweight, obesity, digestive system disorders
- Cardiovascular system disease
- Dairy allergy and lactose intolerance
- Liver disease
- Digestive system disease
- Vegetarianism and veganism
- Insufficient sun exposure

Beneficial effects of vitamin D

1. Bones health
2. Brain
3. Cardiovascular system
4. Memory
5. Immune system

Piperin

Is a fat-soluble substance extracted from black pepper that increases biological absorption of some vitamins and minerals and helps to maintain the healthy weight.