

# Zanthin™

Astaxanthin

Softgel Capsule

## COMPOSITION

**Zanthin™ 2:** Each Softgel capsule contains Astaxanthin 2 mg.

**Zanthin™ 4:** Each Softgel capsule contains Astaxanthin 4 mg.

## PHARMACOLOGY

Astaxanthin has both a very potent neutralizing effect against singlet oxygen as well as a powerful scavenging ability for free radicals. Therefore Astaxanthin serves as an extremely effective antioxidant.

Astaxanthin is absorbed by passive diffusion into the intestinal epithelium; this carotenoid is then incorporated into lipoproteins, transported to the liver via lymph and blood, and partly resecreted with lipoproteins. More than 70% of the Astaxanthin is contained in the high-density lipoprotein (HDL) fraction of the plasma and Astaxanthin concentration in the small intestine is highest, followed by subcutaneous fat, abdominal fat, spleen, liver, heart, kidney and skin. The lowest concentration is in the muscles.

## INDICATIONS

Astaxanthin is indicated as strong antioxidant. Also indicated in –

- Internal beauty and skin improvement
- Internal sunscreen
- Arthritis
- Cardiovascular health
- Brain and central nervous system health
- Silent inflammation (C-reactive protein)
- Eye health
- Strength and endurance & immune system

## DOSAGE AND ADMINISTRATION

The recommended daily dosage is fairly standardized at a 4 mg per day.

Following is a table of recommended dosages:

Dosage	Use
2-4 mg	Antioxidant, Cardiovascular Health, Immune System Enhancer
4-8 mg	Internal Beauty and Skin Improvement, Strength and endurance, Brain and Central Nervous System Health, Eye Health
4-12 mg	Arthritis, Silent inflammation (C-reactive protein), Internal Sunscreen

## CONTRAINDICATIONS

Astaxanthin is contraindicated in those hypersensitive to any component of an Astaxanthin containing supplement.

## SIDE EFFECTS

No reports have been found regarding Astaxanthin.

## PRECAUTIONS

Pregnant women and nursing mothers should avoid Astaxanthin containing supplements.

## DRUG INTERACTIONS

There are no known adverse reactions when taken in conjunction with medications.

## USE IN PREGNANCY AND LACTATION

Both pregnant women & lactating mother should avoid Astaxanthin containing supplements.

## STORAGE CONDITIONS

Store in a cool and dry place, below 25° C, away from direct sunlight and moisture. Do not refrigerate. Keep out of reach of children.

## HOW SUPPLIED

**Zanthin™ 2:** Each pack contains 30 softgel capsules in blister pack.

**Zanthin™ 4:** Each pack contains 30 softgel capsules in blister pack.

Manufactured by



**SQUARE**  
PHARMACEUTICALS LTD.  
BANGLADESH