

Astaxanthin Complex– our nutritionist’s guide

We have developed *Pure & Essential Astaxanthin Complex* to deliver the highest available concentration of astaxanthin, as well as a complex of other beneficial carotenoids including lutein and zeaxanthin to provide superior support for both short and long-term optimal wellbeing. Before you begin supplementation, we have prepared some additional information about this product which you may find useful for optimal results with your nutrition regime.



*Maxine Sheils BSc (Hons), DipCNM
Nutritionist*

Dosing guidelines

Some individuals take *Pure & Essential Astaxanthin Complex* for general health and wellbeing, whilst others use it for more intensive support, so dosage recommendations can vary according to individual requirements. We generally recommend 1-2 softgels per day depending on how intensive you would like the support to be. Some people are highly sensitive to new supplements and changes in their diet; if this sounds like you, try starting with 1 softgel per day, before increasing this to 2 per day after a week or so. If you're not so sensitive to change, it is perfectly safe to start with more than 1 softgel straightaway.

How to maximise absorption

To enhance the bioavailability of *Pure & Essential Astaxanthin Complex*, we would recommend taking the softgels during or immediately after a meal, ideally a meal that contains a source of fat as this will stimulate the production of digestive enzymes to support the digestion and absorption of the softgel contents.

Feeling the benefits

How quickly you notice the benefits largely depend on the severity of any symptoms as well as the reason behind supplementation. Whilst some might notice immediate benefits, for others it may take time before improvements are noticed and this very much depends on individual variability and environmental factors.

Perhaps you could start by recording your reasons for taking *Pure & Essential Astaxanthin Complex* (e.g. symptoms), and score them on a scale of 1-10. By reviewing this each month, you may start to notice very gradual improvements in your health. If you are unsure at any point if you're doing all you can to address your health concern and you aren't seeing any changes, do get in touch to speak to our nutritionists.

The safety of *Pure & Essential Astaxanthin Complex*

There are many wonderful benefits of taking astaxanthin and fortunately, it can be tolerated in rather high doses without having a negative effect on health. It's also compatible with most prescription drugs, herbs and other supplements, but please ensure you discuss supplementing astaxanthin with your GP if you are taking any prescription drugs.

Softgels stuck together?

Whilst rare, softgels can stick together. Please note that if this should occur, the softgels are still safe to consume. We recommend simply putting the bottle in the fridge for a while before gently shaking the bottle to loosen the softgels.

Ongoing nutrition support & advice

Igennus nutritionists are available to answer any queries you may have about any of our products. You can contact us via live chat at [igennus.com](https://www.igennus.com), email askourexperts@igennus.com or call +44 (0)1223 421434.

Wishing you health and longevity,

Maxine & the Igennus team

