Natural Astaxanthin May Improve Gastric Health

The digestive system is one of the most sensitive components of the human body. A healthy digestive system plays an important role in a healthy lifestyle. Many common gastric ailments and their symptoms, such as dyspepsia, irritable bowel syndrome (IBS) and Crohn’s Disease, are characterized by inflammation of the stomach and/or intestine.

Gastric inflammation and stomach pain can also be caused by an infection such as Helicobacter pylori (H. pylori). Pathological symptoms of H. pylori infection include high levels of oxidative stress and inflammation of the stomach lining and symptoms such as gastric pain and acid reflux.

Natural astaxanthin is both a powerful antioxidant and a potent anti-inflammatory. Clinical studies have shown that astaxanthin supplementation can support gastric health due to its ability to inhibit gastric inflammation, provide protection against stomach ulcers and reduce H. pylori infection.

What is Natural Astaxanthin?

It is a naturally occurring carotenoid which is derived from the microalgae Haematococcus pluvialis. As well as being the most powerful antioxidant known to science, it also has potent anti-inflammatory properties. Natural astaxanthin’s distinct advantage in comparison to other antioxidants, is its ability to span the entire lipid bilayer of the cell membrane, thus providing superior protection from the inside out. Natural astaxanthin has been shown to improve brain and cognitive health.

Research & Key Findings

Numerous clinical studies support natural astaxanthin as beneficial for stomach health. In a pilot trial, ten patients with H. pylori infection took natural astaxanthin and found considerable relief from indigestion symptoms like heartburn (1). Based on these positive findings, researchers followed up with a larger double-blind study. In this study different dosages of astaxanthin (16 mg or 40 mg) were compared to placebo in a group of 131 adults with dyspepsia over a four-week period. The higher dosage of astaxanthin significantly reduced the symptoms of heartburn and this effect was most pronounced in the patients found to be infected with H. pylori (2).

Figure 1. Natural Astaxanthin Reduces Gastric Reflux

<table>
<thead>
<tr>
<th>GSRS Score</th>
<th>Day 1</th>
<th>Day 29</th>
<th>Day 96</th>
</tr>
</thead>
<tbody>
<tr>
<td>AstaReal® astaxanthin 40 mg/kg</td>
<td>1.50</td>
<td>1.00</td>
<td>1.50</td>
</tr>
<tr>
<td>AstaReal® astaxanthin 16 mg/kg</td>
<td>1.50</td>
<td>1.00</td>
<td>1.50</td>
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<tr>
<td>Placebo</td>
<td>3.00</td>
<td>2.50</td>
<td>2.00</td>
</tr>
</tbody>
</table>

AstaReal® reduced reflux-syndrome score (GSRS Score) of dyspepsia patients treated with 40 mg daily astaxanthin (*p<0.05 compared with control) (2).
AstaReal® Decreased Total Clinical Symptoms

![Decreased Total Clinical Symptoms](image)

**Figure 2. Decreased Total Clinical Symptoms**

AstaReal® reduced total grade of clinical symptoms in dyspepsia patients. Low symptom score continued 28 days after treatment was finished (1).

**Benefits of Natural Astaxanthin for Stomach Health:**

1. Lowers gastric inflammation
2. Decreases infection of Helicobacter pylori
3. Reduces clinical symptoms in dyspepsia patients

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**References & Selected Natural Astaxanthin Publications**