



My Drift

Title: BioAstin

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BIOASTIN HAWAIIAN ASTAXANTHIN

A few weeks ago, I mentioned to a friend that I was experiencing some joint pain and stiffness in my old age. This person said that he has the same problems but feels 100% better since taking BioAstin Hawaiian Astaxanthin gel capsules and recommended I try them. Well, I did a little research on this product, and it appears to be safe with mostly good reviews on the Internet.

Astaxanthin is a remarkably powerful antioxidant that has been shown to support your immune system, eye, skin, cardiovascular, and joint health.

I was at COSTCO a while back and saw BioAstin on sale, so I decided to buy a bottle and give it a try.

Who makes BioAstin Hawaiian Astaxanthin?



Nutrex Hawaii was founded in Kailua-Kona, Hawaii in 1990 by Dr. Gerald Cysewski, a world-renowned expert in microalgae and carotenoids. Their mission is to utilize the benefits of microalgae to improve health and extend lives in the world-wide community.

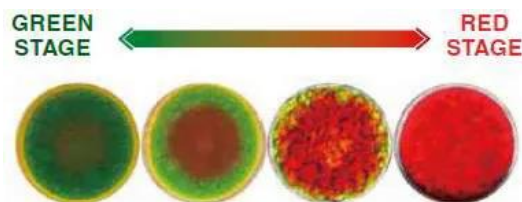
Where is BioAstin made?

Grown and produced naturally in Kailua-Kona. Situated on the bright, sunny Kona coast, the farm receives more sunlight than any other coastal location in the United States enabling Nutrex microalgae to grow continuously for 12 months a year. These ponds have been in operation since 1984 and have evolved into a nutritionally superior strain after more than 35 years of continuous cultivation in the intense Hawaiian sun.

Five percent deep ocean water is added to the growing media for Hawaiian Spirulina. Hawaiian Spirulina is the only cultured microalgae grown with ultra-pure deep ocean water pumped up from a depth of 2000 feet below sea level. This ocean water adds trace minerals and elements to the spirulina.



Nutrex Microalgae Ponds in Kona



Astaxanthin in Different Color Stages

Okay, all these different colored ponds are a little bit confusing. Nutrex Hawaii produces and sells two primary products:

- BioAstin Hawaiian Astaxanthin – The bright RED ponds
- Pure Hawaiian Spirulina – The BLUE-GREEN ponds

This article is mostly about BioAstin Hawaiian Astaxanthin since that is what I purchased and currently taking. However, Spirulina is also supposed to be good for you. Spirulina is a type of blue-green algae that grows in both salt and fresh water. It is one of the most nutrient-dense foods on earth. It is a super food that provides energy and fights fatigue. It is also a powerful antioxidant with anti-inflammatory properties.

BioAstin Hawaiian Astaxanthin and Spirulina are not the same but do have numerous overlapping health promoting benefits.



What does Astaxanthin look like?



Raw Astaxanthin



Drying racks



Crushed and processed

All-time great antioxidants

Up to recently, the all-time great anti-aging, free-radical-fighting antioxidants, are vitamin C (to fight off colds and seasonal allergies), CoQ10 (for heart health and energy), and turmeric (to combat harmful inflammation body-wide).

...until now!

Recently, an extremely powerful antioxidant has emerged as the all-around superstar for providing whole body support that many health-conscious people aren't even familiar with. From better memory and stamina to healthier joints and skin—its benefits are so wide reaching that in many ways it can be considered the most potent antioxidant of them all. It is called **Astaxanthin**.

What is Astaxanthin?

Astaxanthin is a red pigment that belongs to a group of chemicals called carotenoids. It occurs in freshwater algae and causes the pink-red color in the Pacific Salmon. Other natural sources of Astaxanthin are yeast, trout, krill, shrimp, and crayfish.

As an antioxidant, Astaxanthin can protect your DNA and cells from damage and improve the way the immune system functions. Astaxanthin's antioxidant properties provide the main source of the better health claims and benefits of this supplement. Astaxanthin is an antioxidant like vitamin C except it is much stronger and can work in fat cells as well as other types of tissue. Astaxanthin makes your cells stronger and healthier, and it also acts as an Anti-inflammatory but without the side effects or toxic effects of drugs.

How strong is Astaxanthin?

While other antioxidants offer similar health benefits to the human body, none come close to the effectiveness of Astaxanthin which is:

- ✚ 40 times stronger than beta-carotene
- ✚ 100 times stronger than vitamin E
- ✚ 550 times stronger than green tea (EGCG)
- ✚ 800 times stronger than CoQ10
- ✚ And 6,000 times stronger than vitamin C

In two recent studies, researchers found that Astaxanthin could play a key role in preventing COVID-19 from progressing into fatal or chronic conditions.

Other Potential Benefits of Astaxanthin

We've known for a while now that antioxidants are our most effective weapon against the cell-damaging free radicals that cause oxidation and inflammation throughout our bodies. Free radicals literally accelerate the aging process, making way too many of us feel "old" and tired during what should be the best years of our lives.

But in recent years, groundbreaking research has shown Astaxanthin (pronounced asta-zan-thin), a rare, deep, red-colored carotenoid found in microalgae, is perhaps the most powerful antioxidant available in nature.

Astaxanthin has been the subject of over 1500 peer-reviewed studies that show it provides an extraordinarily wide-array of health benefits for your muscles, joints, heart, brain, eyes, skin and our overall energy and vitality.

Astaxanthin has also shown a consistent ability to reduce the proliferation and migration of breast cancer cells and multiple other types of cancer.










Remarkable Ability to Keep Your Body from “Rusting Out”

To live, each of us relies on the oxygen we receive from the 25,000 or so breaths we take each day. But our oxygen-rich world carries the inevitable risk of oxidative stress, because over time, oxygen, when combined with sunlight, damages all organic matter.

Think of a nail that is exposed to the outdoor elements. At first the nail is smooth and shiny but, as the years go by, oxidation causes it to rust more and more until it eventually becomes rough and brittle.

Astaxanthin is the best antioxidant on earth at neutralizing the “rusting out” that results from this singlet oxygen oxidation process.

Over two decades of research findings have translated into a wide range of scientifically demonstrated health benefits in human studies including the ability for Astaxanthin to:

-  **Neutralize free radicals to protect cells, reduce DNA damage and fight aging**
-  **Promote a normal inflammatory response body-wide**
-  **Improve muscle endurance and exercise performance**
-  **Reduce joint pain and support healthy, flexible joints**
-  **Support healthy circulation and overall cardiovascular health**
-  **Help your brain and nervous system function optimally**
-  **Relieve eye strain and fatigue, and support near and far vision**
-  **Promote a healthy and properly functioning immune system**
-  **Protect skin against UV damage, dryness, wrinkles, and premature aging**

Simply put...

Astaxanthin Makes It Easier to Stay Active and Healthy!

This may seem like a “no brainer,” but research has shown that higher levels of physical activity are correlated with a longer lifespan and healthier old age.

Are there downsides to Astaxanthin?

Well, all this pro Astaxanthin information makes it sound like the greatest product known to man. Maybe it is but let’s find out what doctors have to say

about it. Are there any side effects? Is it recommended for everybody? Does Astaxanthin interact badly with anything? Can it be taken long-term? What are the risks of taking Astaxanthin?

Side effects and cautions

Astaxanthin is a safe antioxidant. It's been used as a supplement for more than two decades, and there are no documented negative side effects to date.

According to WebMD, potential side effects and risks include:

- ✚ “Red Poop”
- ✚ Avoid taking Astaxanthin if you're allergic or sensitive to it

Use caution when taking Astaxanthin if you:

- ✚ Have autoimmune problems
- ✚ Are taking drugs to suppress your immune system
- ✚ Have low calcium levels
- ✚ Have low blood pressure
- ✚ Have Osteoporosis
- ✚ Have a problem with your parathyroid glands
- ✚ Have hormone problems

RECOMMENDATION: Talk to your doctor about any supplements you're taking or plan to take, even if they're natural.

Conclusion

No, I didn't talk to my doctor before taking BioAstin Hawaiian Astaxanthin, but I did the research and when it comes to my health, I will make the final decisions. So, as of this writing, I have been taking BioAstin for about 3 weeks and I think it is working. I have less joint pain and less stiffness in my legs and fingers. And best of all, I feel better. I'm not 100% better but no supplement or drug can completely reverse the aging process.

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