

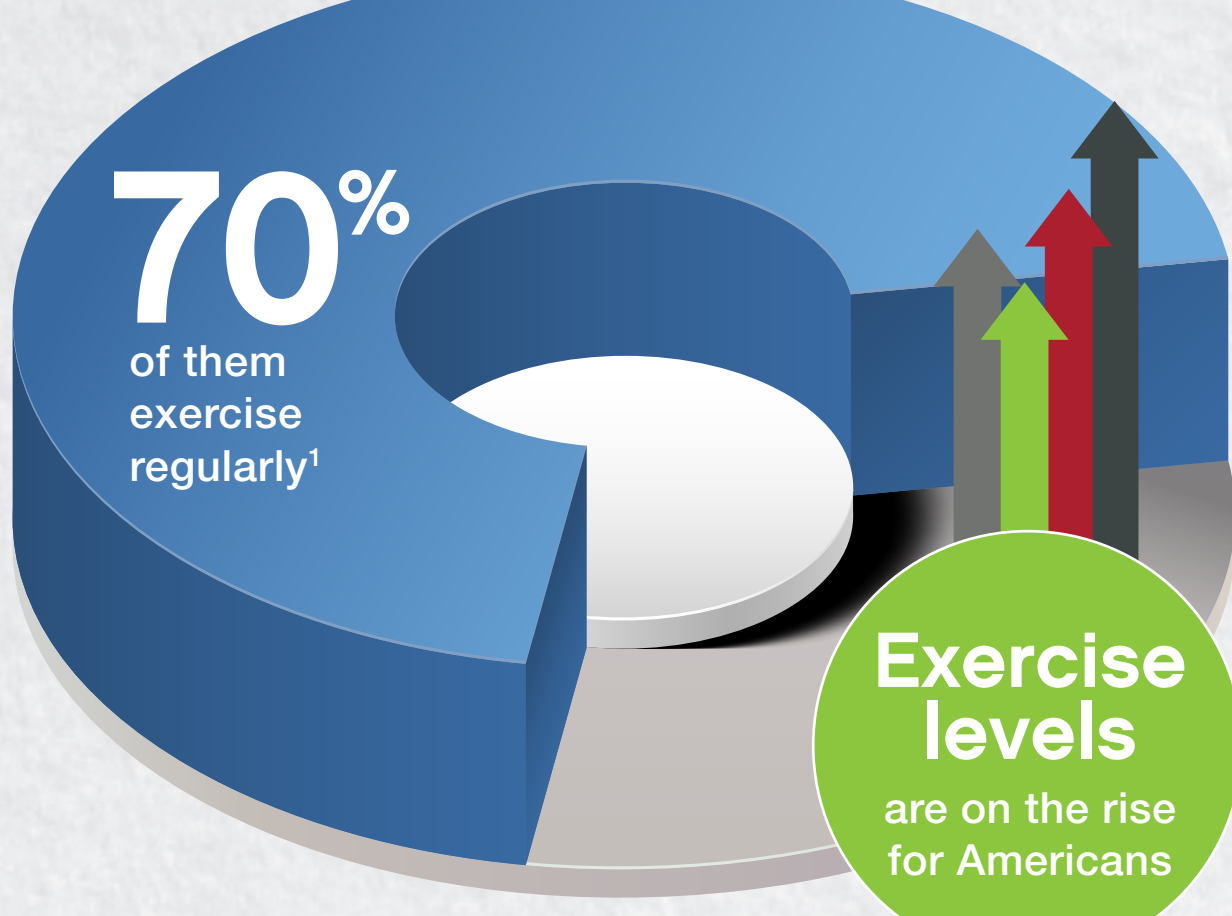
Algae Sourced

Astaxanthin for Sports Nutrition

Exercise levels are increasing

The sports nutrition category is on the rise, and it's not just for professional athletes.

Supplement users are active:



In 2018...



218.5 million which is 72% of Americans, participated in physical activity

5.3 million more than in 2013

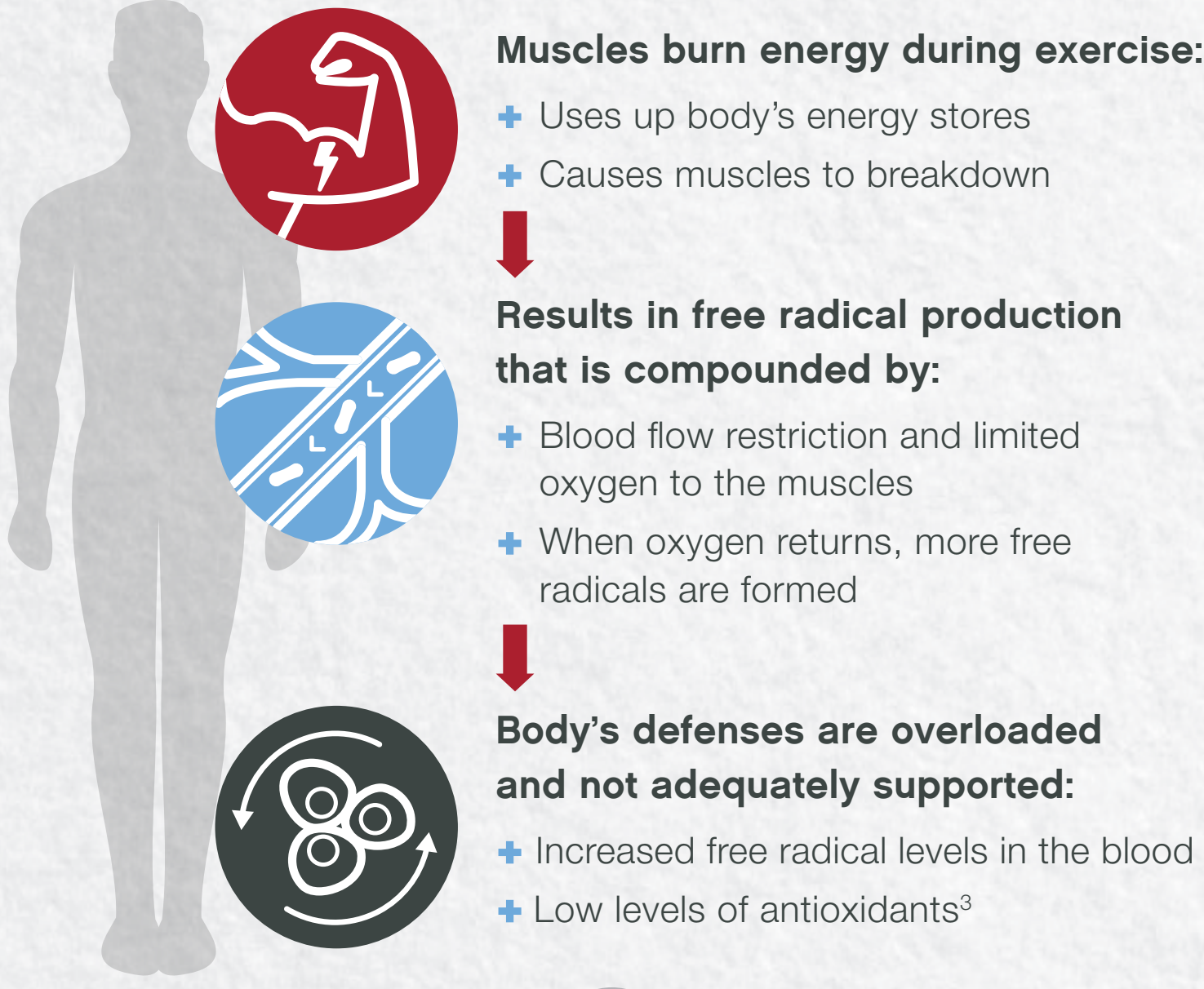
...And it's translating to growing sales



Sales of U.S. sports nutrition supplements



Exercise and its toll on the body



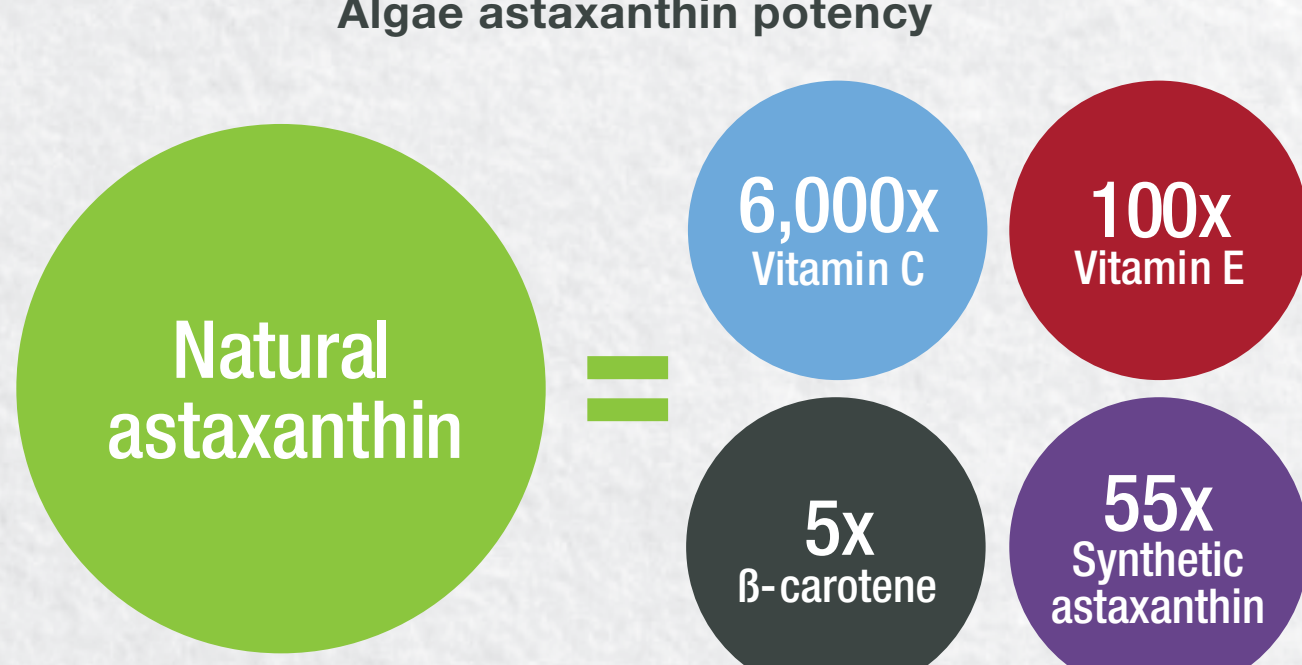
Symptoms of oxidative damage



Address exercise-induced oxidative stress

Incorporate potent antioxidants

Algae astaxanthin potency



Astaxanthin boosts the body's recovery from exercise:

- + Improves muscle endurance and strength⁴
- + Reduces muscle fatigue⁵
- + Protects against exercise-induced free radical production⁶
- + Inhibits the formation of lactic acid⁷

Sourcing Quality Astaxanthin

- + Extracted from algae for high levels of Astaxanthin
- + Cultivated indoors to help minimize risk of contamination
- + Sustainably sourced in an ideal environment
- + Backed by rigorous testing and scientific evidence
- + Adheres to exceptional quality standards



Visit [Algalif.com](https://algalif.com) to learn about our award-winning Icelandic Astaxanthin

1 <https://www.crnusa.org/CRNConsumerSurvey>

2 Nutrition Business Journal data

3 Balakrishnan S, Anuradha C (1998) Exercise, depletion of antioxidants and antioxidant manipulation. Cell Biochem Funct 16:269-75.

4 Malmsten et al. (2009). "Dietary carotenoid with astaxanthin-rich meal improves strength endurance - A double blind placebo controlled study on male students. ." Carotenoid Science 13: 20-22.

5 Sawaki et al. (2002). "Sports Performance Benefits from Taking Natural Astaxanthin: Characterized by Visual Acuity and Muscular Fatigue Improvement in Humans " Journal of Traditional Medicines 19(5).

6 Djordjevic et al. (2012). "Effect of astaxanthin supplementation on muscle damage and oxidative stress markers in elite young soccer players." J Sports Med Phys Fitness 52(4): 382-392.

7 <https://algalif.com/astaxanthin-benefits/>