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ASTAXANTHIN

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Description

Uses & Effectiveness We currently have no information for ASTAXANTHIN overview. **Overview** Astaxanthin is a red pigment that belongs to a group of chemicals called carotenoids. It occurs in certain algae and causes the pink-red color in salmon. Astaxanthin is an antioxidant. This effect might protect cells from damage. Astaxanthin might also improve the way the immune system functions. People use astaxanthin for many purposes, including Alzheimer disease, athletic performance, aging skin, muscle soreness from exercise, and many others. But there is no good scientific evidence to support these uses. Astaxanthin, also known as the king of carotenoids, is a vibrant red pigment that gives salmon, shrimp, and flamingos their distinctive color. It is a powerful antioxidant that can fight free radicals in our bodies, promoting skin health, reducing inflammation, and supporting eye health. **Side Effects** When taken by mouth: Astaxanthin is found in some foods and is often consumed in small amounts in the diet. Astaxanthin is possibly safe when taken as a supplement. Doses of 4-18 mg daily have been used for up to 12 weeks. Taking astaxanthin might cause increased bowel movements and red stool color. High doses of astaxanthin might cause stomach pain. **Interactions** **Moderate Interaction** Be cautious with this combination **Medications changed by the liver (Cytochrome P450 2B6 (CYP2B6) substrates)** interacts with ASTAXANTHIN Some medications are changed and broken down by the liver. Astaxanthin might change how quickly the liver breaks down these medications. This could change the effects and side effects of these medications. **Medications changed by the liver (Cytochrome P450 3A4 (CYP3A4) substrates)** interacts with ASTAXANTHIN Some medications are changed and broken down by the liver. Astaxanthin might change how quickly the liver breaks down these medications. This could change the effects and side effects of these medications. **Special Precautions and Warnings** When taken by mouth: Astaxanthin is found in some foods and is often consumed in small amounts in the diet. Astaxanthin is possibly safe when taken as a supplement. Doses of 4-18 mg daily have been used for up to 12 weeks. Taking astaxanthin might cause increased bowel movements and red stool color. High doses of astaxanthin might cause stomach pain. **Pregnancy and breast-feeding:** There isn't enough reliable information to know if astaxanthin is safe to use when pregnant or breast-feeding. Stay on the safe side and avoid using in amounts greater than those found in foods. **Dosing** Astaxanthin has most often been used by adults in doses of 4-18 mg by mouth daily for up to 12 weeks. Speak with a healthcare provider to find out what dose might be best for a specific condition.

Side Effects

Uses

Interactions

Other Details
