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ASTAXANTHIN EXERCISE, STRENGTH AND ENDURANCE

By Emma Wells Dip ION

Regular exercise is widely acknowledged to be a good way to stay young and healthy, providing that exercise is taken on a regular basis and continues on into later life. But for many people the aches and pains that come with regular exercise are enough to prevent any good intentions. Anybody that has taken a break from exercise will know that, when they go back into an exercise programme, the next day they may well be suffering from extremely painful muscles and possibly joints. It is not only regular or erratic exercisers that will have experienced the feeling of pain and stiffness. For people of all ages using muscles that haven't been used for quite some time can take its toll. For example, after enjoying a lovely day in the garden digging, weeding and planting, straightening up and stretching can be quite an agonizing experience and the next day agility can be quite a challenging prospect.

For the more accomplished and serious athlete, muscle and joint pain is an uncomfortable yet often accepted side effect of heavy training. Without this pain, which leads to a longer recovery time, training could be stepped up, meaning an increase in performance levels.

In addition to the constant search for an aid to help reduce this type of pain and discomfort, serious athletes are also continuously on the look out for help with strength and endurance levels. An increase in these levels can mean more efficient training and can make the difference between winning and losing. Astaxanthin has been shown to help, not only muscles, strength and endurance levels in human trials, but equally impressive results have also been seen in horses.

In March of 2001 a health survey carried out by Aquasearch* looked at the various positive effects of astaxanthin on health with a particular focus on exercise. The survey involved 247 volunteers aged between 20 and 87 years with an average age of between 20 and 60 years. 146 of those taking part reported muscle and joint soreness. When taking astaxanthin 88% of the participants reported an improvement. The survey also reported improved stamina of up to 24%, improved performance levels of up to 12% and reduced recovery times of up to 23%. In all of these cases the more exercise that the individual was doing the more benefit was found.

For Astaxanthin supplements see Asta in Trade Price List.

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improvement"**

*Emma Wells' new book on
Astaxanthin will be
published this autumn.*

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