

Hussein G1, Sankawa U, Goto H, Matsumoto K, Watanabe H.J Nat Prod. 2006 Mar;69(3):443-9.[Astaxanthin a carotenoid with potential in human health and nutrition.](#)

McNulty H, Jacob RF, Mason RP. The American journal of cardiology. 2008 May 22;101(10A):20D-9D. [Biologic activity of carotenoids related to distinct membrane physicochemical interactions.](#)

McNulty H, Jacob RF, Mason RP. The American journal of cardiology. 2008 May 22;101(10A):20D-9D.[Biologic activity of carotenoids related to distinct membrane physicochemical interactions.](#)

Tominaga K1, Hongo N, Karato M, Yamashita E.Acta Biochim Pol. 2012;59(1):43-7. Epub 2012 Mar 17.[Cosmetic benefits of astaxanthin on humans subjects.](#)

Kumi Tominaga, Nobuko Hongo, Mayuko Fujishita, Yu Takahashi, and Yuki Adachi.J Clin Biochem Nutr. 2017 Jul; 61(1): 33–39.[Protective effects of astaxanthin on skin deterioration.](#)

Nakagawa K1, Kiko T, Miyazawa T, Carpentero Burdeos G, Kimura F, Satoh A, Miyazawa T.Br J Nutr. 2011 Jun;105(11):1563-71. doi: 10.1017/S0007114510005398. Epub 2011 Jan 31.[Antioxidant effect of astaxanthin on phospholipid peroxidation in human erythrocytes.](#)

Kowshik J, Baba AB, Giri H, Deepak Reddy G, Dixit M, Nagini S.PloS one. 2014;9(10):e109114.[Astaxanthin inhibits JAK/STAT-3 signaling to abrogate cell proliferation, invasion and angiogenesis in a hamster model of oral cancer.](#)

Yoshida H, Yanai H, Ito K, Tomono Y, Koikeda T, Tsukahara H, et al. Atherosclerosis. 2010 Apr;209(2):520-3. PubMed PMID: 19892350[Administration of natural astaxanthin increases serum HDL-cholesterol and adiponectin in subjects with mild hyperlipidemia.](#)

Fassett RG1, Coombes JS.Mar Drugs. 2011 Mar 21;9(3):447-65. doi: 10.3390/md9030447.[Astaxanthin: a potential therapeutic agent in cardiovascular disease.](#)

Comhaire FH1, El Garem Y, Mahmoud A, Eertmans F, Schoonjans F.Asian J Androl. 2005 Sep;7(3):257-62.[Combined conventional/antioxidant 'Astaxanthin' treatment for male infertility: a double blind, randomized trial.](#)

Comhaire FH, El Garem Y, Mahmoud A, Eertmans F, Schoonjans F. Asian journal of andrology. 2005 Sep;7(3):257-62. [Combined conventional/antioxidant 'Astaxanthin' treatment for male infertility: a double blind, randomized trial.](#)

Park JS1, Chyun JH, Kim YK, Line LL, Chew BP. *Nutr Metab (Lond)*. 2010 Mar 5;7:18. doi: 10.1186/1743-7075-7-18. Astaxanthin decreased oxidative stress and inflammation and enhanced immune response in humans.

Earnest CP, Lupo M, White KM, Church TS. 2011 Nov;32(11):882-8. Effect of astaxanthin on cycling time trial performance. *International journal of sports medicine*.

Nishida Y., Yamashita E., and Miki, W. (2007). 'Quenching activities of common hydrophilic and lipophilic antioxidants against singlet oxygen using chemiluminescence detection system', *Carotenoid science*, 11, pp. 16-20.

Brown D. R., Gough L.A., Deb S.K., et al. (2018). 'Astaxanthin in exercise metabolism, performance and recovery: a review', *Frontiers in nutrition*, 4 (76), pp. 1-9.

Haijian W., Huanjiang N., Anwen S., et al. (2015). 'Astaxanthin as a Potential Neuroprotective Agent for Neurological Diseases', *Marine drugs*, 13 (9), pp. 5750-5766.

Fassett R.G. & Coombes J.S. (2011). "Astaxanthin: A Potential Therapeutic Agent in Cardiovascular Disease", *Marine drugs*, 9 pp. 447-465.

Yoshida H., Yanai H., Ito K., et al. (2010). 'Administration of natural astaxanthin increases serum HDL-cholesterol and adiponectin in subjects with mild hyperlipidemia', *Atherosclerosis*, 209 (2), pp. 520-523.

Otsuka T., Shimazawa M., Inoue Y., et al. (2016). 'Astaxanthin Protects Against Retinal Damage: Evidence from In Vivo and In Vitro Retinal Ischemia and Reperfusion Models', *Current eye research*, 41 (11), pp. 1465-1472.

Tomohiro O., Masamitsu S., Tomohiro N., et al. (2013). 'The Protective Effects of a Dietary Carotenoid, Astaxanthin, Against Light-Induced Retinal Damage', *Journal of pharmacological sciences*, 123, pp. 209-218.

Kajita M., Tsukahara H. & Kato M. (2009). 'The Effects of a Dietary Supplement Containing Astaxanthin on the accommodation Function of the Eye in Middle-aged and Older People', *Translated from medical consultation and new remedies*, 46 (3), pp. 1-7.

Park J.S., Chyun J.H, Kim Y.K, et al. (2010). 'Astaxanthin decreased oxidative stress and inflammation and enhanced immune response in humans', *Nutrition and metabolism*, 7 (18) pp. 1-10.