

#1 NEW YORK TIMES BESTSELLING AUTHOR OF THE PERRICONE PROMISE,
THE PERRICONE PRESCRIPTION, AND THE WRINKLE CURE

THE PERRICONE WEIGHT-LOSS DIET



A SIMPLE
3-PART PLAN
TO LOSE THE FAT,
THE WRINKLES,
AND THE YEARS

NICHOLAS PERRICONE, M.D.

**AstaREAL® Astaxanthin, as seen in
The Perricone Weight-Loss Diet,
available in bookstores everywhere.**

SUPERSTAR SUPPLEMENT #3: ASTAXANTHIN

Astaxanthin Tips

- Because astaxanthin has been proven to cross the blood-brain barrier (see carnitine), it offers protection to the brain, the central nervous system, and the eyes.
- It increases physical endurance and reduces muscle damage.
- It reduces eye fatigue and improves visual acuity.
- It provides wrinkle reduction by internal supplementation.
- It reduces hyperpigmentation (better known as age spots)
- It provides cytokine regulation; inhibiting the expression of inflammatory cytokines and chemokines.
- It improves gastric health and reduces infection/inflammation of H. Pylori, spiral-shaped bacteria that can damage stomach and duodenal tissue, causing ulcers.

Astaxanthin is an exceptional anti-inflammatory, making it an important component of the Perricone Weight-Loss Diet. Its ability to protect muscles and increase physical endurance is a wonderful asset for everyone needing to start and maintain a regular exercise program. I strongly recommend supplementation—look for the **AstaREAL** trademark on your bottle of Astaxanthin supplement for potency and purity.

99 | STEP TWO: 12 NUTRITIONAL SUPPLEMENTS THAT FACILITATE WEIGHT LOSS

astavita®

**Astavita Astaxanthin
Contains AstaREAL®**

To Order, Contact your Supplement
Distributor or call 1-800-507-4011

www.astavita.com

