

# Anti-Ox-Plus w/Lutein



## DESCRIPTION:

A 1993 study by Pracon, Inc. of Reston Va., concluded that if Americans took optimal amounts of just the three best known antioxidant nutrients-beta carotene, vitamin C and vitamin E, we would save \$8.7 billion annually from reduced hospitalizations for heart disease and cancer alone.

The best way to protect from free radical damage is to supplement the diet with a broad spectrum of antioxidants. Taking one antioxidant just doesn't do the trick. Each antioxidant plays a different role in the fight against free radical pathology. Some antioxidants have even been shown to have sparing or regenerating effects on other antioxidants. (Robert DiSilvestro, Ph.D. Associate Professor of Nutrition, Ohio State University.)

## ACTIVES:

**Alpha Lipoic Acid (ALA)** - enhances the effects of vitamin C and vitamin E as the three work synergistically together as antioxidants plus. ALA also regenerates vitamins C and E after they are used up in the antioxidant process.<sup>1</sup>

**Manganese, Zinc, and Copper** - Scientific studies have shown that the proper intake of copper, zinc and manganese are required for optimal activity of the body's powerful antioxidant superoxide dismutase.<sup>2,3</sup>

**Green Tea Extract** - is a bioflavonoid rich, potent extract which is used primarily for fighting free radicals. Green Tea Extract has been used in Asia for thousands of years. Other benefits include cancer protection, the lowering of total and LDL cholesterol, reduction of high blood pressure and platelet aggregation.<sup>4,5</sup>

**N-Acetyl-L-Cysteine (NAC)** - increases levels of a powerful antioxidant found in the body, glutathione. Research shows NAC provides important antioxidant protection to the lungs, particularly for its ability to neutralize the chemical by-products of smoking and to break up mucus in bronchial congestion. NAC also works with vitamin C for immune support and cataract protection.<sup>6,7</sup>

**Grape Seed Extract** - 50 times more potent as an antioxidant than vitamin C and E, Grape Seed extract has been used in Europe for many years for circulatory disorders, eye disorders, blood clots and capillary fragility.<sup>8</sup>

**Lutein and Zeaxanthin** - are the only two carotenoids located in the lens and retina. They provide defense to the cells of the eyes in two ways. One, they act as antioxidants, and two, they absorb UV blue light, the most damaging wavelength of light that reaches the retina and causes oxidative damage to the eye. Supplementation with lutein results in increased macular pigment according to researchers from University Medical Center in Utrecht, Netherlands.<sup>9</sup> Numerous studies have shown that lutein and zeaxanthin protect the eyes from macular degeneration and cataracts. In one study, subjects possessing the highest concentrations of lutein and zeaxanthin in the macula were 99.9% less likely to have AMD. In a recent survey of optometrists and ophthalmologists, 91% of eye doctors feel that lutein is important for long-term eye health, and 84% recommend lutein to their patients.

90 capsules per bottle

Three capsules provide:

Beta Carotene	25,000 IU
Vitamin C (Ascorbic Acid)	200 mg
Vitamin E (as d-alpha tocopheryl acetate)	200 IU
Selenium (Krebs)	50 mcg
Zinc (Albion® Amino Acid Chelate)	15 mg
Copper (Albion® Amino Acid Chelate)	2 mg
Manganese (Albion® Amino Acid Chelate)	5 mg
Green Tea 50% Extract	150 mg
N-Acetyl-L-Cysteine	150 mg
Lipoic Acid	50 mg
Grape Seed Extract	20 mg
<b>L-Taurine</b>	<b>150 mg</b>
<b>Lutein</b>	<b>3 mg</b>
<b>Zeaxanthin</b>	<b>500 mcg</b>

Other ingredients: Cellulose, Gelatin, and Vegetable Stearate.

## CLINICAL INDICATIONS:

- Atherosclerosis • Arthritis • Cataracts • Emphysema
- Ischemic heart disease • Diabetic Retinopathy • Cancer
- Macular Degeneration • Night Blindness

**SUGGESTED USAGE:** 3 capsules daily with meals.

**CONTRAINDICATIONS:** Pregnancy

**DRUG INTERACTIONS:** Nitrates & Carbamazepine

## REFERENCES:

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4. Suganuma M, Okabe S, Sueoka N, et al. Green tea and cancer chemoprevention. *Mutation Res.* 1999; 428:339-344.
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6. Kelebic T, Kinter A, Poli G, et al. Suppression of human immunodeficiency virus expression in chronically infected monocyte cells by glutathione, glutathione ester, and N-acetylcysteine. *Proc Natl Acad Sci.* 1991; 88:986-990.
7. Ortolani O, Conti A, De Gaudio AR, et al. Protective effects of N-acetylcysteine and rutin on the lipid peroxidation of the lung epithelium during the adult respiratory distress syndrome. *Shock.* 2000; 13:14-18.
8. Gabetta B, Fuzzati N, Griffini A, et al. Characterization of proanthocyanidins from grape seeds. *Fitoterapia.* 2000; 71:162-175.
9. IOVS, 41:3322-26, 2000.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent disease.