

Astaxanthin Skin Benefits

Scientific Ingredient Explainer

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What is Astaxanthin?

Astaxanthin is a powerful red antioxidant naturally found in a freshwater algae called *Haematococcus pluvialis*. It's what gives salmon, shrimp, and flamingos their reddish color — but for humans, it's gaining popularity as a natural way to support healthy, glowing skin.



It helps reduce fine lines, protect from UV damage, and improve moisture and elasticity. That's why it's included in Mitolyn — a dietary supplement designed to support fat-burning mitochondria, energy, and overall wellness.

How Does Astaxanthin Support Your Skin?

Astaxanthin doesn't just work on the surface — it goes deep into your cells, protecting them from free radicals and environmental stress. It can help your body:

- Increase collagen production (for smoother, firmer skin)
- Protect against wrinkles and UV exposure
- Improve hydration and reduce age spots
- Boost mitochondrial activity for better repair and renewal

Mitolyn includes *Haematococcus pluvialis*, the richest natural source of astaxanthin — helping your body fight aging from the inside out.

What Do Scientists Say?

A growing number of studies support astaxanthin's skin-related benefits:

- A study from Japan found that astaxanthin helps create new mitochondria in cells — improving energy and resilience at the skin level.
- Clinical trials have shown it reduces wrinkles and improves elasticity after just 6–8 weeks of use.
- It also acts as a natural “internal sunscreen,” helping protect against UV damage.

Reference: scientific article on mitochondrial biogenesis and astaxanthin

Nishida Y, Nawaz A, Kado T, et al. Astaxanthin stimulates mitochondrial biogenesis in insulin resistant muscle via activation of AMPK pathway. J Cachexia Sarcopenia Muscle. 2020;11(1):241-258.
<https://pubmed.ncbi.nlm.nih.gov/31705781>

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To your health,
The MitolynSecret Crew



Harvard scientists uncovered the real reason behind slow metabolism – and it's not your diet. It's low mitochondria.

Mitochondria are your body's natural fat-burners. The more you have, the more fat you burn – it's that simple.

Mitolyn helps reignite these tiny engines inside your cells, naturally boosting energy and weight loss.