



SagaNatura

# ASTAFUEL FORMULATION



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Astafuel formulation is a unique vegan liquid blend of natural Icelandic Astaxanthin and MCT oil. The MCT oil gives you quick fuel for the day and Astaxanthin supports the protection of our cells when they are under oxidative stress. Astaxanthin from SagaNatura is produced in a sustainable way using high-tech green houses, renewable hydroelectric energy and pure Icelandic water.

- Immediate long-lasting energy source
- Energy during fasting
- Keto and 16/8 diet
- Suitable for endurance and strength training
- For joints, recovery and stamina
- This product is vegan
- Sustainable production

Astaxanthin (4 mg) can enhance your performance, with positive affect on both your endurance and recovery. It protects the skin against UV rays and harmful environmental pollutants as it protects the skin from photo-aging.



**SagaNatura**



# ASTAXANTHIN EFFECTS ON STRENGTH AND ENDURANCE

Studies show that Astaxanthin can improve strength and endurance

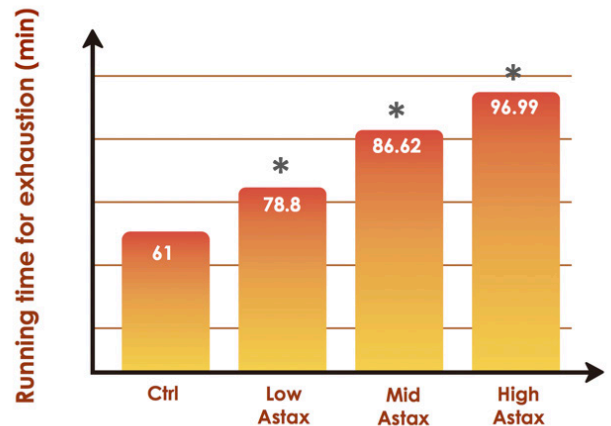
Boosts muscle endurance and recovery, lowers lactic acid and fatigue and increases muscle strength

Animal model - Study by Fan (2017)

## Increased running time to exhaustion

The study suggests that Astaxanthin administration can significantly improve running time and endurance.

*Agro Food Industry Hi Tech. 2017 Apr; 28(2):73-76*

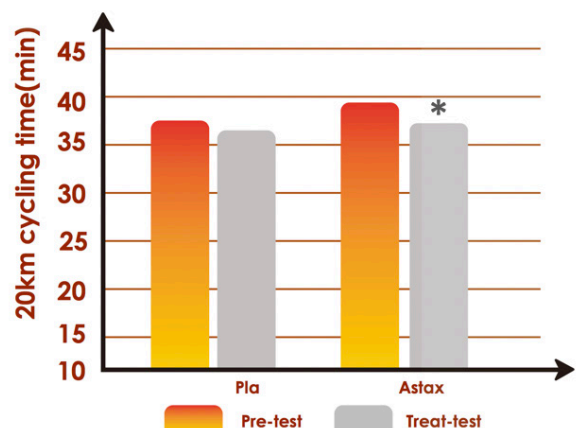


Human trial – Study by Earnst et al. (2011)

## Cyclists improved time performance

Study results suggest that Astaxanthin can improve cycling performance. The Astaxanthin group improved time by 5.1% versus 0.8% for the control group.

*\*Earnst et al: Int J Sports Med. 2011 Nov;32(11):882-8.*



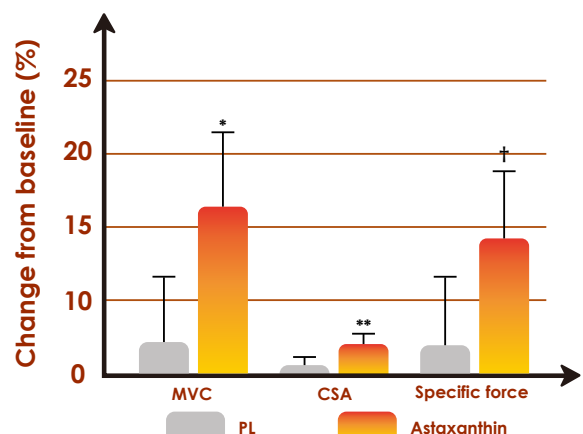
Human trial – Study by Liu et al. (2018)

## Astaxanthin improves muscle performance in elderly

Study results suggest that ingesting 12 mg of Astaxanthin along with physical exercise can improve muscle strength and increase muscle mass in elderly subjects.

Changes in muscle properties after 3 months of training in AX formulation and placebo treated elderly subjects. Changes in maximum voluntary contraction (MVC), muscle cross sectional area (CSA), and specific force (MVC/CSA) are shown.

*\*J Cachexia Sarcopenia Muscle. 2018 Oct; 9(5): 826–833.*



# ASTAFUEL FORMULATION SPECIFICATION SHEET



## Description

|                  |                      |
|------------------|----------------------|
| Product name     | Astafuel formulation |
| Brand name       | SagaNatura           |
| Suggested dosage | 1 teaspoon (5 ml)    |
| Usage            | Oral                 |

## Product specification

|                         |   |
|-------------------------|---|
| Volume                  | 170 ml                                      |
| Servings per bottle     | Approx. 34                                  |
| Appearance              | Red oily liquid                             |
| Microbiological quality | Complies with regulation (EC) No. 2073/2005 |

## Packaging

Aluminum bottle  
60 capsules per bottle  
Also available in bulk  
(steel drums 190 kg)

## Nutritional composition (1 tsp/5 ml)

|  |        |
|--|--------|
| SagaNatura K100<br>astaxanthin oleoresin | 120 mg |
| Astaxanthin                              | 4 mg   |
| MCT from Coconut oil                     | 4.5 mg |
| Caprylic acid (C8)                       | 2.7 mg |
| Caprylic acid (C10)                      | 1.8 mg |
| Natural tocopherols E306                 | 29 mg  |
| Vitamin E                                | 4 mg   |

## Ingredients

MCT from Coconut oil, SagaNatura Natural Icelandic Astaxanthin from microalgae (*Haematococcus pluvialis*), Natural Orange Flavor, Natural Tocopherols (E306)

## EC approved health claims

- Vitamin E contributes to the protection of cells from oxidative stress

## Other information

|                          |  |
|--------------------------|--|
| Irradiation              | No   |
| GMO                      | No   |
| Suitable for Vegetarians | Yes  |
| Suitable for Vegans      | Yes  |
| Best before date         | 18 months from production date   |
| Storage conditions       | Store in dry area at room temperature. Store in refrigerator after opening and consume within two months |

# ASTAFUEL FORMULATION

## SPECIFICATION SHEET CONT'D



### Microbiology

| Analysis                  | Limits                 |
|---------------------------|------------------------|
| Total aerobic plate count | <10 <sup>4</sup> cfu/g |
| Yeast and mould           | <10 <sup>3</sup> cfu/g |
| Coliform                  | <10 cfu/g              |
| E. coli                   | Absent in 1 g          |
| Salmonella                | Absent in 25 g         |
| Pseudomonas sp.           | Absent in 1 g          |
| Staphylococcus aureus     | Absent in 1 g          |

### Heavy metals

| Analysis     | Limits   |
|--------------|----------|
| Arsenic (As) | <2.0 ppm |
| Cadmium (Cd) | <1.0 ppm |
| Mercury (Hg) | <0.1 ppm |
| Lead (Pb)    | <1.0 ppm |

### Allergen statement

The product contains no allergens and is in compliance with regulation (EC) No 1169/2011 on the provision of food information to consumers

### Pesticide statement

The product is in compliance with regulation (EC) No 396/2005 on maximum residue levels of pesticides in or on food and feed of plant and animal origin.

### GMO statement

The product contains no GMO ingredients and is in compliance with regulation (EC) No 1829/2003 on genetically modified food and feed