



Agreed
The head of expert council

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LUTEIN-COMPLEX

Instruction (information for consumers) on dietary supplement intake

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Description

The Dietary Supplement is the additional source of carotinoids, flavonoids, vitamins and minerals essential for the eye support.

This new-aged product contains the free lutein, blueberry extract, taurine, vitamins A, C, E and β -carotin, selenium, cuprum and zinc.

All the components provide the effective eye protection and enforce the antioxidant effect for visual function stabilization as well.

“Lutein-Complex” contains the free active lutein, produced from the natural plant substances by DSM Nutritional Products Company (Switzerland). The unique patented microcapsulation “Actilease” technology provides the maximum bioavailability and lutein preservation during all the shelflife of the product.

Product form description

Round shaped pill of color varied from blue violet to dark violet with speckles. Each pill is of 0,5 g. 30 or 60 pills per pack.

Note

The color of pills may vary from blue violet

to dark violet with speckles, brown hues are possible. The color depends on bio nonreactive pigment quantity at different plant substances stock used for product manufacturing. These variances do not connect with content or product bio activity deviations. This also can not be the basis for product originality hesitation. It is fully agreed with RF state technological standards.

Content:

Name	Content per one tablet	% of daily need
Vitamin A, IU	1100	30
Vitamin C, mg	100	140
Vitamin E, mg	15,0	150
Lutein, mg	2,0	40*
Beta-carotene, mg	1,3	25
Zinc, mg	5,0	30
Cuprum, mg	0,5	50
Selenium, mcg	15,0	20
Taurine, mg	50,0	2,5*
Anthocyanins, mg	3,5	7*

* - PI Research Institute of Nutrition RAMS

Characteristics

Lutein

Lutein accumulates in the macular (central) retina and in lens, where it partially transforms into zeaxanthin. Lutein and zeaxanthin help protect the important eye structures from oxidative stress and high-energy blue light reflecting and absorbing the late. Lutein and zeaxanthin are the first-order

strong antioxidants. They are able to neutralize the free radicals, preventing retina degeneration and lenticular opacity.

Blueberry extract

It activates the microcirculation and tissue metabolism. Blueberry extract contains the anthocyanins involved in photolabile pigment (rhodopsin) recovery that improves the different light level adaptation and sharpens the night vision.

Taurine

This amino acid is implicated in photoelectric signal sending, it stimulates the eye tissue regenerating and metabolism. It also normalizes the cell membrane functioning and activates the energy metabolism.

Beta-carotene

It is a provitamin A. Two molecules of vitamin A develop from one beta-carotene molecule. Moreover beta-carotene strengthens the host defenses.

Vitamin A

It improves the color sensation. This vitamin plays the big role in the oxidation-reduction process and in the synthesis of the vital eye substances.

Vitamin E

It accelerates the damaged cells regeneration, takes part in tissue respiration and other important processes. It prevents the high capillary fragility and permeability.

Vitamin C

It regulates the visual pigment (rhodopsin) and normalizes the capillary permeability.

Zinc

Zinc is appeared in retina, choroid, retina

pigment epithelium, ciliary body, iris and in vitreous body. Zinc potentiates the vitamin A level, takes part in white molecules synthesizing.

Cuprum

It is the basic element of some ferment. Cuprum deficit brings about the blood vessel fragility and hemorrhage.

Selenium

It is the microelement-antioxidant. It is a part of glutathioneperoxidaza and it defines the activity of this ferment. It protects the intracellular eye tissue structures from free oxygen radicals.

Positive effect on the body

The retina (especially its central part macular) and lens have the strong natural pigments-type protection: lutein and zeaxanthin. There are six hundreds carotinoids-like substances but only lutein and zeaxanthin are able to penetrate into the eye tissue. The retina and lens' health depends on lutein and zeaxanthin level.

Our body does not synthesize lutein, it reaches the body with fruits and vegetables consumed. Zeaxanthin formed from lutein in the retina. One should intake 5 mg of lutein and 1 mg of zeaxanthin that is equivalent to 250 g of spinach, 0,5 kg of sweet pepper or 1 kg of carrot to preserve the strong eyes. **The usual ration is 20% poorer than recommended.** The medicine is important to contain not only lutein but all the essential vitamins and minerals for protection and stabilization of eyeball structure functioning.

The light (especially the blue part of the specter) damages the eye structure insensible but hard. In time it may bring about the blindness, macular degeneration and cataract – an opacity that develops in the crystalline lens of the eye. These diseases result in the complete blindness. Nowadays macular degeneration is the most common reason of blindness after sixty.

“Lutein-Complex” is the additional source of lutein, zeaxanthin and lycopene and of the essential vitamins and minerals.

Indications:

- The age after 50, as the age-related macular and lens changes preventive measures
- Myopia or short sight, to prevent the complications
- Computer-related optic syndrome, at any age
- “Visual fatigue” syndrome
- Work, connected with bright light attack (welding, soffits)
- Different activities: windsurfing, downhill skiing (the intensive light reflecting from large water and snow surface)
- The intensive insulation region inhabitancy

“Lutein-Complex” was successfully tested at different Ophthalmological clinics of Russian Federation: Helmholtz Eye Disorder Institute, Burdenko Central Military Clinical Hospital, Science-Research Institute of Eye Disorder RAMS, Fedorov Interbranch Scientific and Technical Complex “Eye microsurgery”, Ufa Research Institute of Eye Disorder, Russian Medical Academy of postgraduate

education.

“Lutein-Complex” was awarded with Ehrlich international medal and Mechnikov Russian Academy of Natural Sciences medal.

Contraindications: The individual intolerance of the components.

Consult a doctor before taking.

Application: Adults – 1-3 pills a day at mealtime. The course is 2 months. May be refreshed if needs.

Storage conditions: Keep at dry cool place far from the direct sun at the temperature not exceeding 25°C. Keep away from children.

Shelflife: 2 years

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It is not a medicine.

The manufacturer

LLC “B-MIN+” for and under control of CJSC “PhC Ekomir”, 16, Berzarin str, Moscow, 123298, RF

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The manufacturing was certified according to the ISO standards (certificate № 4879)

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We work for your world to be bright and colorful!

Ekomir company

