



LUTEIN COMPLEX FOR CHILDREN

Developed in RSMU, pediatric faculty,
ophthalmology department

Instruction (information for consumers) on dietary supplement intake

State registration certificate № 77.99.23.3.
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Description

A child gets more than 90 % of information through the eyes. It is important for a personal development. Strong eyes help the harmonious brain, mindset and self-assurance formation. That is why eye illness is not only the medical problem but socio-psychological either.

Scientific progress, the amount of information to learn makes no good to children eyes. This results in visual dysfunctions. 17-22% of children have eyesight disorders. About 20 % of school gradutors have so-called "school" progressive shortsightedness.

The main reason is the late diagnostic and the lack of treatment. It is very important to provide children with eye protective medications at stress time during intensive mental work load.

"Lutein-Complex for children" is the FIRST multicomponent product for children, containing free lutein, zeaxanthin, lycopene, blueberry extract, taurine, vitamins A, C, E and zinc.

All "Lutein-Complex" components are of antioxidant effect that provides the best eye

Composition

According to the SanPin 2.3.2.1078-01 1 tablet of "Lutein-Complex for children" DS contains the following biologically active substances				
Name	Content in 2 tablets	Daily need % for children of 7 to 10	Content in 3 tablets	Daily need % for children after 10
Lutein, mg	2,0	*	3,0	*
Zeaxanthin, mg	0,5	*	0,75	*
Lycopene, mg	1,4	*	2,1	*
Anthocyanins, mg	8,0	*	12,0	*
Vitamin A, mcg/g	500,0	70	750,0	94
Vitamin C, mg	60,0	100	90,0	130
Vitamin E, mg	8,0	80	8,0	100
Taurine, mg	100,0	*	150,0	*
Zink, mg	6,0	60	9,0	60
* – the Recommended Daily Amount is not defined				

protection.

"Lutein-Complex" contains the natural carotenoids: lutein, zeaxanthin, lycopene in active form, produced by DSM Nutritional Products Company (Switzerland). The unique patented microcapsulation "Actilease" technology provides the maximum bioavailability and carotenoid preservation during all the shelflife of the product.

Description

Round shaped tablets of 0,25 g. 30 tablets per pack.

Characteristics

Natural carotenoids: lutein, zeaxanthin, lycopene
Lutein is a natural part of human diet. It reaches the body with fruits and vegetables consumed, because our body does not synthesize lutein. Zeaxanthin formed from lutein in the retina.

Retina's health depends on lutein and zeaxanthin level. 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 strong antioxidants. They are able to neutralize the free radicals, preventing retina degeneration and lenticular opacity. 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.

Lycopene was found to be presented in a concentrated area of pigment epithelium, choroid and in ciliary apparatus. Being of strong antioxidant activity lycopene protects the retina from oxidative stress and prevents

the white glycosylation by fluid regulating and ophthalmotonus normalizing.

Blueberry extract standardized by anthocyanins content

The blueberry extract activates the microcirculation and tissue metabolism. It 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.

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 influence on the dark adaptation.

Positive effect on the body

Progressive myopia at infant and juvenile age in 40 % cases refers to the retina and other eye tissues degenerations. The frequency of these diseases is referred to the age, myopia degree and visual load intensity. In the case of such complications the main role plays the proper

antioxidative system. The low antioxidant status is referred to the microelement disorder, vitamins C, A, E and such carotinoids as lutein, zeaxanthin and lycopene deficit.

It needs the targeted effective and complex antioxidant protection to prevent the complications in eye tissues.

The lead child ophthalmologists recommend the daily intake of lutein, zeaxanthin and lycopene in complex medications for visual function protection. The medicine is important to contain not only lutein, zeaxanthin and lycopene but all the essential vitamins and minerals for protection and stabilization of visual function.

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

Application

Children of 7-10 - 2 tablets a day at mealtime, children after 11 - 3 tablets a day at mealtime. The course is 1 month.

The course may be refreshed if needs.

Contraindications

The individual intolerance of the components.

Storage conditions

Keep at dry cool place far from the direct sun.

Keep away from children.

Consult a doctor before taking.

Shelflife

2 years

TOR 9197-015-77480016-07

Sales conditions

It is not a medicine.

The manufacturer

LLC “B-MIN+” for and under control of CJSC “PhC

Ekomir”

Post address:

16, Berzarin str, Moscow, 123298, RF

Tel: (495) 988-21-70

www.ekomir.ru

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

Manufacturer address:

Derevnya Turakovo, Sergievo-Posadsky rayon, Moskovskaya oblast, Russian Federation, 141311

We work for your world to be bright and colorful!

“Ekomir” company