

Optishell Softgel

**Lutein 8% USP 7 mg + Zeaxanthin 250 mcg +
Astaxanthin 5% 7 mg + DHA Rich Algal Oil 150
mg + L-Glutathione B.P. 5 mg Softgel Capsules**

**Category: Nutritional Supplement (Eye Health
and Antioxidant Support)**

Dosage Form: Softgel Capsules

Description

This formulation combines key nutrients to support eye health, reduce oxidative stress, and promote overall well-being. The blend of carotenoids, omega-3 fatty acids, and antioxidants helps protect against age-related macular degeneration (AMD), improve vision, and reduce inflammation caused by oxidative damage.

Composition (Per Softgel):

- Lutein 8% USP (7 mg):**
 - A carotenoid that accumulates in the retina and macula, providing protection against blue light and oxidative damage.
- Zeaxanthin (250 mcg):**
 - A macular pigment that enhances visual acuity and works synergistically with lutein to filter harmful light.
- Astaxanthin 5% (7 mg):**
 - A potent antioxidant derived from microalgae that combats oxidative stress and inflammation in the eyes and body.
- DHA-Rich Algal Oil (150 mg):**
 - A vital omega-3 fatty acid essential for retinal function and reducing dry eye symptoms.
- L-Glutathione B.P. (5 mg):**

- A powerful antioxidant that supports detoxification and combats oxidative damage to the eyes and other tissues.

Indications

- Age-Related Macular Degeneration (AMD)
- Cataracts Prevention and Support
- Dry Eye Syndrome
- Retinal Health Maintenance
- Eye Fatigue from Digital Screens
- Antioxidant Support for General Health

Dosage and Administration

Adults:

- 1 softgel daily, preferably after a meal, or as directed by a healthcare professional.

Instructions for Use:

- Swallow the softgel whole with a glass of water.

Mechanism of Action

- Lutein and Zeaxanthin:**
 - These carotenoids absorb harmful blue light and neutralize free radicals in the retina and macula, reducing oxidative damage.
- Astaxanthin:**
 - Enhances cellular health by reducing oxidative stress and inflammation, improving blood flow to the eyes, and protecting against UV-induced damage.

3. DHA:

- Promotes the structural integrity of retinal cells and reduces inflammation associated with dry eyes and AMD.

4. L-Glutathione:

- Recycles other antioxidants in the body and protects lens proteins from oxidative damage, reducing cataract risk.

Adverse Effects

- Generally well-tolerated.
- Rarely, mild gastrointestinal symptoms like nausea or bloating may occur.

Storage Instructions

- Store at a temperature below 25°C in a cool, dry place.
- Protect from light and moisture.
- Keep out of reach of children.

Benefits

- Protects against blue light and oxidative damage to the eyes.
- Improves visual acuity and reduces eye fatigue.
- Supports retinal and macular health.
- Reduces inflammation and promotes tear production for dry eye relief.
- Provides systemic antioxidant support for overall health.

Key Points for Use

- Complement this supplement with a balanced diet rich in fruits and vegetables for optimal benefits.
- Regular eye checkups are recommended for individuals with AMD or other eye conditions.
- Consult a healthcare provider before starting if on other supplements or medications.

Contraindications

- Hypersensitivity to any of the components of the formulation.

Note: This product is a dietary supplement and not intended to diagnose, treat, cure, or prevent any disease. Use under medical supervision.

Manufactured in India for:

CafoliTM
L I F E C A R E

Cafoli Lifecare Pvt. Ltd.

(An ISO 9001: 2015 Certified Co.)

Plot no.: 367-FF, Industrial Area Phase-I,

Panchkula-134113

TM: Trademark Applied for

Warnings and Precautions

1. Pregnancy and Lactation:

- Use only under medical supervision during pregnancy or breastfeeding.

2. Allergic Reactions:

- Check for hypersensitivity to algae-based DHA or other ingredients.

3. Medical Conditions:

- Consult a doctor if you have any pre-existing medical conditions or are taking medications.
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