



お知らせ

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AstaReal® Astaxanthin supplementation contributes to maintain children's eye health

TOKYO, March 18, 2025 - Fuji Chemical Industries Co., Ltd. (Head office: Toyama Japan, President and CEO: Hiroshi Nishida, hereinafter referred to as "FUJI") has conducted a clinical trial using its own brand AstaReal® astaxanthin and published the outcomes in the international academic journal by Springer Nature, "Advances in Therapy", showing that AstaReal® astaxanthin can maintain the eye health of school-age children.

FUJI has been manufacturing and supplying high-quality astaxanthin derived from microalgae under the global brand name "AstaReal®". Astaxanthin is widely found in crustaceans such as shrimps and crabs, as well as in the muscles and eggs of salmon and works as a biological defense. Recently, it is gaining attention due to its strong antioxidant activity and anti-aging property.

After daily use of smartphones or PCs, symptoms such as fatigue, dryness, blurred vision, pain and irritation in the eyes, and headache and shoulder and back pain may appear which are known as computer vision syndrome (CVS). Through many collaborative research projects, FUJI has demonstrated that astaxanthin intake is particularly useful for the accommodative function in eyes.

However, all of these clinical trials were conducted on adults and the effects on school-age children were unknown, who are more likely to suffer from CVS and associated visual impairment due to studying, reading, and using smartphones and tablets in daily life.

The study involved 64 children aged 10 to 14 years who regularly used smartphones or tablets for more than four hours and reported mild to moderate CVS.

The subjects received either 4mg of astaxanthin daily or placebo olive oil capsules for 84 days. Safety evaluation and subjective evaluation of chronic eye fatigue were conducted as well as evaluation of eye fatigue and eye condition after a certain period of stress from monitor work. These were conducted as a randomized double-blind study, in which neither the subjects nor test conductors knew which supplement they were taking.

The results showed that 4 mg of astaxanthin supplementation is safe for school-age children

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and chronic eye fatigue was significantly improved by 20%. In addition, acute eye fatigue after stress from monitor work significantly improved by 27%, and dry eyes (tear secretion), pupillary reflex to light and stereopsis were also significantly improved.

These results indicate that AstaReal® astaxanthin can contribute to maintain the eye health of school-age children.

Since our foundation in 1946, with our company motto "Creation and Service", we have continued our business to contribute to people's health and will continue our challenges to contribute to the health of people around the world.

Article title: Astaxanthin (AstaReal®) Improved Acute and Chronic Digital Eye Strain in Children: A Randomized Double-Blind Placebo-Controlled Trial

Journal name: Advances in Therapy

URL: <https://doi.org/10.1007/s12325-025-03125-7>

*Stereopsis is the difference in the position of the reflected image in the left and right eyes (retina). By processing this difference in the brain, three-dimensionality and depth can be perceived.

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