

Acuity and Accommodation abstract Nakamura

Title;Changes in
visual function
following peroral
astaxanthin

Author; NAKAMURA AKIRA (Fujita Health Univ., School of Medicine) ISOBE RYOKO (Fujita Health Univ., School of Medicine) OTAKA YASUHIRO (Fujita Health Univ., School of Medicine) ABEMATSU YASUKO (Fujita Health Univ., School of Medicine) NAKATA DAISUKE (Fujita Health Univ., School of Medicine) HONMA CHIKA (Fujita Health Univ., School of Medicine) SAKURAI SHIZUKA (Fujita Health Univ., School of Medicine) SHIMADA YOSHIAKI (Fujita Health Univ., School of Medicine) HORIGUCHI MASAYUKI (Fujita Health Univ., School of Medicine)

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Abstract;We evaluated the effect of astaxanthin on visual function in 49 eyes of 49 healthy volunteers. They were over 40 years of age. They were divided into 4 groups matched for age and gender. Each group was given peroral astaxanthin once a day. The dosage was 0mg, 2mg, 4mg, or 12mg for each group. After ingestion of astaxanthin for consecutive 28 days, the uncorrected far visual acuity significantly improved in groups receiving 4mg or 12mg. The accommodation time significantly shortened in groups receiving 4mg or 12mg. There was no change in refraction, flicker fusion frequency, or pupillary reflex.