

OPTIMAX LUTEIN
Instructions
for medical use of the drug

Tradename: Optimax Lutein.

International nonproprietary name: Vitamin and mineral preparation.

Dosage form: Tablets for oral administration.

Pharmaco-therapeutic group: Vitamins and minerals.

Composition: *Each tablet contains:*

Dry marigold extract standardized to 80% lutein content

31.25 mg, including 25 mg lutein;

Dry marigold extract standardized to 20% zeaxanthin content

5 mg, including 1 mg zeaxanthin;

European blueberry dry extract standardized to 25% anthocyanin content 2.5 mg,
including 0.625 mg anthocyanins;

Dry grape seed extract standardized to 95% proanthocyanidin content 2.5 mg, including
2.375 mg proanthocyanidins;

Vitamin E30 mg;

Vitamin C60 mg;

Vitamin A600 mcg;

Vitamin B 11.5 mg;

Vitamin B 23 mg;

Vitamin B 62 mg;

Selenium.....55 mcg;

Vitamin B12.....0.5 mcg;

Zinc.....10 mg;

Copper.....1 mg;

Lycopene15 mg;

Taurine.....400 mg;

Rutin.....75 mg;

Magnesium.....100 mg;

Phosphorus.....35 mg;

Chromium.....30 mcg;

Potassium.....20 mg;

Vitamin B 7 (biotin)50 mcg;

Manganese.....5 mg;

Vitamin D200 IU;

Vitamin B5.....6 mg;

Calcium.....100 mg;

ATX code: A11AB.

Pharmacologic effect:

Pharmacodynamics:

Specially selected Optimax components Lutein helps to increase visual acuity when the eyes are tired, improves microcirculation and strengthens the capillaries of the eye, has a pronounced antioxidant effect, thereby slowing down the development of age-related changes in the eyes.

Lutein and zeaxanthin are carotenoids that enter the human body with food, protecting the cells of the fundus and lens from the damaging effects of light and free radicals, thereby slowing down the development of age-related changes in the eyes. Lutein, obtained from marigold petals, performs protective (absorbs part of the spectrum of light rays that aggressively affects the eyes) and antioxidant functions (neutralizes the effect of those aggressive rays that do penetrate the retina). Thus, it prevents damage to the retina and clouding of the lens of the eye. VMC contains a maximum lutein content of 25 mg.

Anthocyanins, substances contained in noticeable concentrations in blueberries, are involved in the formation and restoration of the retinal pigment rhodopsin, improving adaptation to different light levels and enhancing visual acuity in the dark.

Grape seed extract contains such a useful substance as resveratrol. It is necessary for maintaining vision, as it acts as a powerful antioxidant, neutralizing radicals harmful to the eyes. Promotes a speedy recovery from inflammatory eye diseases, for example, conjunctivitis, helps fight parasites with demodex.

Vitamin B1 (thiamine) normalizes intraocular pressure, improves the condition of the pupil and the transmission of nerve impulses from the brain to the visual system. In ophthalmology, vitamin B1 is prescribed as part of complex treatment of various pathologies of the optic nerve. Optic neuropathy, inflammatory diseases of the optic nerve (intrabulbar and retrobulbar neuritis) are indications for the administration of vitamin B1.

Vitamin B 2, or riboflavin, is required for normal blood circulation, ensures the supply of nutrients through the bloodstream, and also helps to distinguish colors. Riboflavin, together with vitamin A, is necessary for photoreception processes (participates in the formation of visual purple), protects the retina from excessive exposure to ultraviolet rays, ensures normal vision - acuity of color and light perception, dark adaptation. Strengthens the capillary network of the eye, improves pupil performance, and also prevents the development of glaucoma and cataracts.

Vitamin B5 is important for normal metabolism and the functioning of the nervous system. In ophthalmology it is recommended for optic neuritis, chalazion.

Vitamin B 6 in the body is responsible for the transmission of nerve impulses and blood circulation. Necessary for normal hematopoiesis, the functioning of the central and peripheral nervous systems, takes part in the metabolism of proteins, carbohydrates and fats. Vitamin B 6 can be used in a course of therapy for age-related macular degeneration, retinal dystrophies, and glaucoma.

Vitamin B 7 (biotin) plays a vital role in metabolism. The vitamin regulates the state of the nervous system. Biotin is involved in the breakdown of proteins, fats, carbohydrates, regulates insulin secretion and stabilizes blood sugar levels. When it is deficient, dry eyes occur.

Vitamin B12 (cyanocobalamin) is necessary for normal blood circulation in the eyes and stabilization of the functioning of nerve fibers. It is an important factor in normal growth, cell division, hematopoiesis and the development of epithelial cells, necessary

for the metabolism of folic acid and the synthesis of myelin (the sheath covering the nerve fiber).

Vitamin A strengthens the cornea, affects visual acuity, especially in twilight and darkness, and is responsible for normal color perception. The vitamin ensures the correct functioning of the visual analyzer, ensures the synthesis of visual pigment in the retina, and the perception of light by the eye. It strengthens the cornea, improves visual acuity and is responsible for the ability to see in the dark.

Vitamin D stimulates local immunity and helps prevent the spread of inflammatory processes. Reduces the risk of developing myopia. Deficiency of vitamin D and calciferol is the cause of an increased risk of myopia and the unfavorable course of cataracts. Vitamin D has demonstrated protective properties against macular degeneration due to its anti-inflammatory effects.

Vitamin E is a participant in cell metabolism, protein metabolism, and is an antioxidant. Promotes a beneficial effect on the retina of the eye. Vitamin E improves the conductivity of capillary walls, providing better tissue nutrition.

Vitamin C is an antioxidant that helps maintain the activity of the extraocular muscles, the optic nerve and the maintenance of the necessary concentration of collagen in the optical structures of the eye. Vitamin C is necessary for the eyes because it strengthens the walls of blood vessels, which in turn normalizes intraocular pressure.

Vitamin P (rutin) has pronounced angioprotective properties, strengthens the walls of blood vessels, preventing intraocular hemorrhages. Reduces the risk of developing myopia.

Lycopene belongs to the group of carotenoids, being a nonspecific antioxidant, it slows down peroxidation processes in tissues, including the lens. Maintains the elasticity and strength of blood vessels, relieves tension during eye fatigue. Clinical studies have revealed an inverse relationship between lycopene levels in the blood and the risk of developing cataracts.

Taurine is an amino acid involved in the transmission of photosignals. Taurine improves oxygenation and stimulates metabolic processes in the tissues of the eye, prevents eye fatigue after visual stress (driving, reading) and age-related changes (retinal dystrophy, cataracts). It also reduces the harmful effects of solar ultraviolet radiation on the retina.

Calcium is necessary to strengthen the tissues of the eye and is an indispensable element for myopia.

Zinc is essential for maintaining the constituent structures of the optic nerve. In the retina, zinc is mainly localized in photoreceptors, as well as in the pigment epithelium, acting as a modulator of synaptic transmission; in addition, it is included in metalloproteinases. Zinc inhibits the activity of carbanhydrase, an enzyme that is involved in the production of aqueous humor in the chambers of the eye. That is why zinc salts are used for glaucoma to reduce intraocular pressure. In small amounts, zinc reduces retinal ischemia.

Selenium is one of the components involved in converting the light signal perceived by the eye into a nerve impulse. This is an antioxidant, the deficiency of which can cause clouding of the eye lens.

Chromium takes an active part in the functioning of retinal neurons responsible for light and color perception. Chromium deficiency can aggravate vision problems, is involved in the process of regulating intraocular pressure and stimulates the transport of glucose to the eye crystal in combination with vitamin C.

M magnesium is necessary both to protect the neuronal elements of the retina and optic nerve from degenerative processes characteristic of glaucomatous lesions, and to regulate the metabolism of pathologically altered connective tissue structures of the eyes in glaucoma.

Potassium is one of the most important microelements for maintaining good vision. It significantly improves blood supply to the organs of vision. Thereby preventing their aging and weakness.

Manganese - manganese deficiency is observed in many visual impairments: decreased visual acuity, night blindness, cataracts, retinopathy.

Copper is an antioxidant, has the ability to fight free radicals, and is involved in strengthening the immune system and retinal health. This microelement is important for people with visual impairment due to diabetes.

Phosphorus takes an active part in the absorption of vitamins that affect vision and the conversion of food into vital energy.

Indications for use:

- in complex therapy for decreased visual acuity with increased visual loads (computer vision syndrome, prolonged exposure to bright sunlight, for drivers to reduce the negative effect of glare from oncoming headlights when driving at night or when driving vehicles);
- in the complex treatment of vascular eye pathologies in patients over 50 years of age (cataracts, glaucoma, degenerative changes in the retina);
- in case of impaired twilight vision ("night blindness");
- visual fatigue (fatigue and pain in the eyes) when reading, wearing contact lenses, working with a computer, under artificial lighting;
- myopia (to reduce the risk of myopia complications);
- living in areas with high insolation;
- work associated with exposure to bright light (welding, spotlights).

Contraindications:

- hypersensitivity to the components of the drug;
- children under 12 years of age.

Pregnancy and lactation : use of the drug Optimax Lutein is not recommended during pregnancy and lactation.

Directions for use and dosage:

For adults and children over 12 years of age, the drug is prescribed 1 tablet 1 time per day, after meals, in the morning or afternoon.

The minimum course of treatment is 3 months.

Repeated courses on the recommendation of a doctor.

Side effects:

Allergic reactions may occur.

Overdose:

Symptoms: nausea, weakness, gastrointestinal disorders. In case of overdose, the patient should consult a doctor.

Treatment: taking activated carbon orally, gastric lavage, symptomatic therapy.

Interaction with other drugs:

To avoid the occurrence of undesirable effects, simultaneous use with other vitamin and mineral preparations is not recommended.

Special instructions:

Do not exceed the recommended dose.

When using the drug, urine may turn an intense yellow color, which is due to the presence of riboflavin in the drug and has no clinical significance.

The drug contains vitamin A, so it should not be taken by smokers and people who drink large amounts of alcohol.

Impact on the ability to drive vehicles and control mechanisms:

The drug does not affect the ability to drive a car or control other mechanisms.

Release form:

30 tablets along with instructions for use in a cardboard box.

Storage conditions:

Store in a dry place, protected from light, at a temperature not exceeding 25 °C.

Keep out of the reach of children.

Best before date:

Indicated on the packaging.

Do not use after expiration date.

Vacation conditions:

Over the counter.

Made for:

MAXX PHARM. LTD

London, Great Britain

