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*Preventive effect of *Lepidium sativum* seed extract and Zinc containing nutritional supplement on age-related cataract progression in Wistar rats*

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Abstract:

Our study aimed to investigate properly about the potential preventive effect of a nutritional supplement containing *Lepidium Sativum* seed extract with *Psidium guajava* fruit extract and zinc on age related progression in Wistar rats. Our supplement was formulated to include vitamins (C, B3, E, B1, B2, B5, B6, folic acid, A, D3, biotin, B12) with minerals (zinc, magnesium, chromium, molybdenum) and natural extracts (*Lepidium Sativum* seed, *Psidium Guajava* fruit extract). Wistar Rats were divided into control and experimental groups and with their health markers and aging related parameters were assessed by us over a specified period. Our results indicated a very potential role of the supplement in mitigating age related progression in the experimental group.

Keywords:

Lepidium Sativum seed, multivitamin, *Psidium Guajava* fruit extract, Wistar Rats, anti-inflammatory, Sorbitol dehydrogenase