

## Available Lutein Supplements

FloraGLO brand lutein (mg per serving)

Nature's Life Lutein 20 mg

Nature's Plus Advanced Therapeutics Lutein Rx-Eye 20 mg

Nature's Plus Ultra Lutein 20 mg

Nature's Plus Herbal Actives OcuActin 12 mg

Nature's Sunshine Lutein 10 mg

NOW Clinical Strength Eye Support 10 mg

NOW Eye Support 10 mg

Puritan's Pride 6, 20 and 40 mg

Puritan's Pride Eye Guard Plus with Lutein 20 mg

Purity Products Perfect Multi Super Greens 10 mg

Source Naturals Lutein 6 and 20 mg

Swanson Ultra Lutein 20 and 40 mg

Swanson Ultra EyesAlive 20 mg

TwinLab Lutein 20 mg

TwinLab OcuGuard Plus with Lutein 20 mg

Vitamin Science Visi-Vite i-Defense Formulas 10 and 15 mg

Vitamin Shoppe Lutein 6 and 20 mg

Vitamin Shoppe Occu-Plus with Lutein 10 mg

Vitamin World Lutein 6, 20 and 40 mg

Vitamin World Eye Guard Plus with Lutein 20 mg

Vitalux Healthy Eyes 10 mg (Canada only)

Vitalux Time Release 4 mg (Canada only)

Vitalux AREDS with Lutein 3 mg (Canada only)

Webber Naturals Lutein with Zeaxanthin  
20 mg (Canada only)

Webber Naturals Lutein with Bilberry 6 mg (Canada only)



## Seeing all the benefits

**Eyes need lutein.** The lutein found in food or nutritional supplements helps eyes protect themselves.

Many studies have shown that lutein we ingest is deposited in the tissues of the eye, including the retina, macula and lens.

**How does lutein work?** Research suggests lutein in the eye's macula appears to filter harmful high-energy blue wavelengths of visible light – from both natural sunlight and indoor light – as they enter the eye. Lutein also acts as an antioxidant, protecting cells by neutralizing free radicals – unstable molecules that may lead to oxidative stress and damage retinal cells in the eye.<sup>7</sup> Studies indicate that a diet high in lutein may reduce the risk of developing AMD and cataracts.

## See the whole picture

**There's more you can do** to help keep eyes healthy & reduce risk of chronic eye diseases like AMD and cataracts:

- Eat a balanced, nutritious diet
- Wear sunglasses and hats when in sunlight
- Get an eye exam at least every two years
- Limit alcohol intake
- Do not smoke
- Watch your weight

### Learn more about lutein

visit [www.luteininfo.com](http://www.luteininfo.com) or [www.floraglolutein.com](http://www.floraglolutein.com)

**Eye Care Professionals:** To reorder free patient brochures for your office, please email: [floraglo@kemin.com](mailto:floraglo@kemin.com)

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### References

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# lutein

facts about nature's nutrient for healthy eyes



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# Watching what we eat

**Lutein** is one important reason why we were always told to eat our vegetables.

Dark green leafy vegetables naturally contain an important nutrient called lutein (LOO-teen) that may help maintain healthy eyes and reduce the risk of chronic eye diseases, like age-related macular degeneration (AMD) or cataracts.<sup>1-5</sup>

**What is lutein?** Lutein is a nutrient found naturally in vegetables like spinach, kale and corn, as well as in other foods such as eggs.<sup>6</sup> Lutein acts as an antioxidant inside the body, helping protect and maintain healthy cells. Our bodies do not make the lutein we need, so the only way to get it is through the foods we eat, nutritional supplements or fortified foods and beverages.

# Looking for lutein?

**How much lutein do you need?** Beyond reducing the risk of developing eye disease, separate studies have shown that 10 mg of lutein per day improves visual performance in AMD patients, cataract patients and individuals in good eye health.

Although there is no recommended daily intake for lutein, almost all studies that show a health benefit for lutein supplementation used doses of 10 mg a day or more.<sup>8-11</sup> In fact, the National Eye Institute is presently conducting a large human clinical trial to determine whether supplements containing 10 mg a day of lutein affect the risk of developing AMD.<sup>12</sup>

Most Americans only consume 1-2 mg of lutein per day.<sup>13</sup> To bridge the gap, lutein supplements and lutein-fortified foods and beverages are available over-the-counter in a range of doses.

## Look on the label



If you're not getting 10 mg of lutein through diet alone, look for products that contain FloraGLO brand lutein, which is the same lutein found naturally in vegetables. Talk to your eye doctor about ways to keep your eyes healthy through proper nutrition and lifestyle.

## Foods with lutein<sup>6</sup>

FOOD	SERVING	LUTEIN (mg)
Kale (cooked)	1 cup	23.8
Spinach (cooked)	1 cup	20.4
Collards (cooked)	1 cup	14.6
Turnip greens (cooked)	1 cup	12.2
Spinach (raw)	1 cup	3.8
Corn (canned or cooked)	1 cup	2.2
Green peas (canned)	1 cup	2.2
Broccoli (cooked)	1 cup	1.6
Romaine lettuce (raw)	1 cup	1.3
Green beans (cooked)	1 cup	0.8
Eggs	2 large	0.3
Orange	1 medium	0.2

# Look for it on the label

Look for supplements that contain FloraGLO, the trusted lutein ingredient brand among quality supplement manufacturers.



## Available Lutein Supplements

FloraGLO brand lutein (mg per serving)

Alcon ICAPS Lutein & Zeaxanthin Formula **4 mg**

Alcon ICAPS MV Multivitamin Formula  
**6.67 mg lutein / 3.33 mg zeaxanthin**

Bausch & Lomb Ocuvite Adult **2 mg**

Bausch & Lomb Ocuvite Adult 50+ **6 mg**

Bausch & Lomb PreserVision Lutein **10 mg**

Botanic Choice Opti Gold **15 mg**

Botanic Choice Lutein **20 mg**

Bronson Lutein **20 mg**

Carlson Able Eyes **6 mg**

Carlson Lutein + Kale **15 mg**

Carlson Right for the Macula **6 mg**

Cooper Complete Skin and Eye Formula **10 mg**

GNC Natural Brand Lutein **20 mg**

MedOp MaxiVision Formulas **10 and 20 mg**

MedOp MaxiVision Whole Body Formula **20 mg**

Natural Factors **18 and 20 mg**

Natural Factors Eye Factors Formula **40 mg**

Nature's Bounty Lutein **6, 20 and 40 mg**