

# Lutein Plus

20 mg

## DESCRIPTION

Lutein Plus is extracted from Marigold flower petals, a potent natural source. In addition, each capsule provides a synergistic blend of several green foods including spinach and broccoli.

## FUNCTIONS

Lutein is a nutritionally important carotenoid that occurs in selected, often brightly colored vegetables, such as spinach and kale. Like many other carotenoids, lutein is an important antioxidant nutrient that protects healthy cells from oxidative and free radical damage. Free radicals are unstable chemicals formed in the body during metabolism and from exposure to environmental sources, such as pollution and cigarette smoke. Free radicals are not inherently bad (they are necessary for energy metabolism and immune function), but when there are excessive numbers of free radicals in the body, they can attack healthy cells, especially their membrane lipids and proteins. This, in turn, is thought to contribute to a number of degenerative diseases.

Scientific evidence clearly suggests that lutein's role in the retina is to protect the tissue from the damaging effects of high-energy blue spectrum light and oxygen to which the eyes are subjected more than any other tissue in the body. Both light and oxygen can create free radicals that can play havoc with the highly unsaturated lipids present in the membranes of the visual cells. The uncontrolled generation of free radicals in the eyes is believed to ultimately lead to macular degeneration and cataract.

## INDICATIONS

Lutein Plus may be a useful dietary supplement for individuals wishing to increase their intake of lutein.

## SUGGESTED USE

Adults take one (1) capsule, 1 to 3 times daily with meals, or as directed by a healthcare professional.

## SIDE EFFECTS

No adverse effects have been reported.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

## FORMULA (WW #10100)

### 1 Capsule Contains:

Vitamin E (as natural mixed tocopherols)\*\* ..... 1 IU  
Lutein..... 20 mg  
(from marigold [*Calendula officinalis*] flowers)\*\*  
Zeaxanthin .....880 mcg  
(from marigold [*Calendula officinalis*] flowers)\*\*  
Bilberry fruit powder (*Vaccinium myrtillus*) ..... 25 mg  
Other Ingredients: Capsules (gelatin, glycerin, water), cellulose, spinach powder, rosemary extract powder, magnesium stearate, and silica.

\*\*From FloraGLO™, a patented extract of marigold blossoms containing lutein (U.S. Patents 5,382,714 & 5,648,564). FloraGLO is crystalline free lutein with added natural Vitamin E and rosemary extract to improve stability and shelf life. FloraGLO is a trademark of Kemin Foods, L.C.

This product contains NO added salt, dairy, yeast, wheat, gluten, corn, preservatives, artificial colors or flavors.

## STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

Some settling may occur within capsules during shipping. Natural color variations may occur in this product.

## REFERENCES

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- Handelman GJ, Dratz EA, Reay CC, van Kuijk JG. Carotenoids in the human macula and whole retina. *Invest Ophthalmol Vis Sci* 1988;29:850-855.