

Lutein Plus Eye Complex

• free of all common allergens • vegetarian • from Calendula flower •

Overview

Lutein is a naturally occurring carotenoid found primarily in fruits and vegetables. When ingested by humans, it concentrates in a section of the eye called the macula, which is a small area in the center of the retina. Researchers have discovered that lutein protects the macula by filtering out potentially damaging forms of light. Lutein has been called our "natural sun glasses" due to its ability to protect the eyes against radiation damage by acting as an optic filter and an antioxidant.

***Research indicates** *(More research is needed before definitive claims can be made for Lutein)*

- Primary carotenoid found in the eye
- Several studies have demonstrated substantial protection against the type of damage that leads to macular degeneration
- Individuals in the top 20 percent for dietary lutein intake were only half as likely to develop cataracts as those in the lowest 20 percent of lutein intake.

Dosage

Typical daily dosage is 6 mg.

Cautions

- ✦ If you are pregnant or lactating consult a health care practitioner prior to using Lutein.
 - ✦ There are no known reports of toxicity associated with Lutein.
- *These statements have not been evaluated by the Food and Drug Administration

This information is not intended to diagnose, treat, imply cure or prevention of any disease.

Free of wheat, gluten, soy, corn, yeast, fish, egg, dairy and lactose.
Contains no artificial colors, flavors or preservatives.

Supplement Facts		
Serving Size 2 capsules		
Amount Per Serving	% Daily Value	
Vitamin A (from beta carotene)	20000 IU	400
Vitamin C (as ascorbic acid)	750 mg	1250
Vitamin E (as d-alpha-tocopheryl acid succinate)	200 IU	667
Vitamin B1 (Thiamin HCl)	1.50 mg	100
Vitamin B2 (Riboflavin)	25 mg	1667
Niacinamide	20 mg	100
Vitamin B6 (Pyridoxine HCl)	2 mg	100
Vitamin B12 (cyanocobolamin0	6 mcg	100
Pantothenic Acid	10 mg	100
Zinc (from zinc picolinate)	12.50 mg	83
Selenium (from selenomethionine)	50 mcg	71
Chromium (from chromium picolinate)	100 mcg	83
Citrus Bioflavonoids Complex	125 mg	*
N-Acetyl L-Cysteine (NAC)	100 mg	*
Taurine	100 mg	*
Quercetin	50 mg	*
Rutin	50 mg	*
Bilberry Berry Extract (standardized for 25% anthocyanins)	12.50 mg	*
L-Glutathione	10 mg	*
Lutein	10 mg	*
Zeaxanthin	250 mcg	*

*Daily Value not established

Other ingredients: dicalcium phosphate, microcrystalline cellulose, croscarmellose sodium, magnesium stearate and silicon dioxide.

Directions: For adults, take one (1) tablet daily, preferably with a meal.

Note: Store at room temperature. Keep out of reach of children. Do not use if product appear to be tampered with or seal is broken.

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