

STRUCTURE / FUNCTION CLAIMS

NUTRIENT: Lutein

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PRODUCT: Schiff Lutein 25mg 11509 30c

NUTRIENT AMOUNT: Lutein 25mg and Zeaxanthin 1.1mg

STRUCTURE/FUNCTION CLAIM:

Supports Eye Health

Lutein is an antioxidant carotenoid similar to beta carotene. It occurs naturally in green leafy vegetables, broccoli, brussels sprouts, corn, and marigolds.

Biologically, lutein is concentrated in the eyes. Maintaining adequate levels of lutein may reduce the likelihood of age-related eye disorders.

Lutein and Zeaxanthin are powerful antioxidants that may help reduce damage to the eye and support eye health.

REFERENCES:

1. Seddon JM, Ajani UA, Sperduto RD, Hiller R, Blair N, Burton TC, Farber MD, Gragoudas ES, Haller J, Miller DT, Yannuzzi LA, Willett W, Eye Disease Case-Control Study Group, Dietary carotenoids, vitamins A, C, and E, and advanced age-regulated macular degeneration, *J Am Med Assoc*, 1994; 272:1413-1420.
2. Schalch W, Carotenoids in the retina: a review of their possible role in preventing or limiting damage caused by light and oxygen, in *Free Radicals and Aging*, Emerit I, Chance B, Eds., Birkhauser Verlag, Basel, Switzerland, 1992, 280-298.
3. Krinsky NI, Antioxidant function of carotenoids, *Free Radic Biol Med*, 1989; 7:617-635.

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