

Lutein Plus Powder

150 grams

Item Catalog Number: 01014

The eye is a highly complex organ that must safely harvest, control, focus, and react to light in order to produce vision. Light enters the anterior portion of the eye through the clear cornea and fluid-like aqueous humor, and is then focused by the clear lens before entering the gel-like vitreous. It must pass through a nerve layer of ganglions connected to photoreceptors (both rods and cones) where light signals are converted to electrical signals that are transported to the brain. Behind the photoreceptors are the retinal pigmented epithelium cells that feed and remove toxic waste from the constantly active photoreceptors. The retinal pigmented epithelium cells rest on a thin, connective, tissue-like support structure called Bruch's membrane, which also serves to create a blood-brain barrier for transport of nutrients, waste products, and critical oxygen. The macular region of the human retina is yellow in color due to the presence of the macular pigment, composed of two dietary xanthophylls, lutein and zeaxanthin, and another xanthophyll, meso-zeaxanthin. The latter is formed from lutein in the retina.

By absorbing blue-light, the macular pigment protects the underlying photoreceptor cell layer from light damage, possibly initiated by the formation of reactive oxygen species during a photosensitized reaction. The macular pigment can be increased by either increasing the intake of foods that are rich in lutein and zeaxanthin, such as dark-green leafy vegetables, or by supplementation with lutein or zeaxanthin.¹⁻³

Lutein Plus Powder provides maximum-strength lutein and zeaxanthin as well as other xanthophylls and carotenoids.

References

Supplement Facts

Serving Size 1/2 tablespoon (approx. 5 grams)

Servings Per Container approximately 30

Amount Per Serving

Alfalfa juice concentrate (<i>Medicago sativa</i>) (leaf)	500 mg
Marigold flower extract (<i>Tagetes erecta</i>) [std. for 5% lutein (14 mg), 0.22% zeaxanthin (0.6 mg)]	280 mg
Spinach powder (<i>Spinacia oleracea</i>) (leaf) (20:1)	215 mg
Lycopene (from tomatoes)	4.3 mg

Other ingredients: maltodextrin, sucrose, tapioca starch, modified corn starch, gum arabic, lecithin (from soy), sugar ester, purified water.

Contains soybeans. Contains corn. This product contains NO milk, egg, fish, peanuts, crustacean shellfish (lobster, crab, shrimp), tree nuts, wheat, yeast, gluten, or rice. Contains NO artificial sweeteners, flavors, or colors.

Dosage and Use

- Take 1/2 tablespoon daily with food, or as recommended by a healthcare practitioner.
- Lutein absorbs best when taken with fat.
- For maximum assimilation into the bloodstream, take this supplement with the meal of the day that contains the most fat or with fatty acid supplements such as fish oil or conjugated linoleic acid (CLA).

Warnings

- Keep out of reach of children.
- Do not exceed recommended dose.
- Do not purchase if outer seal is broken or damaged.
- If you have a bad reaction to product discontinue use immediately.
- When using nutritional supplements, please consult with your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating.

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