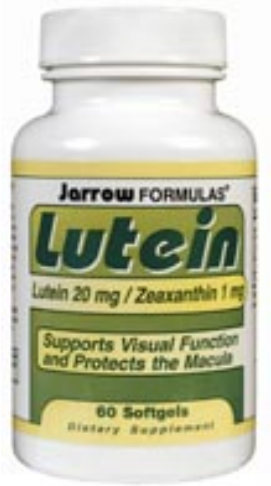
Alpha GPC
CDP Choline
Cogni-Flex
Cox2Tame
Max DHA
Glucose Optimizer
Lutein
MiBrain
Neuro Defense
Neuro Optimizer
Prostate Optimize
Theanine
Vinpocetine

Lutein



Antioxidant Carotenoid
and
Supports Visual Function
30 Softgels Prod # 12024
60 Softgels Prod # 12025

USAGE: Take 1 softgel per day with food, or as directed by your qualified health consultant.

Lutein is an antioxidant carotenoid that occurs in nature with zeaxanthin, a closely related carotenoid. Lutein and zeaxanthin concentrate in the eye's macula and lens, as well as in the skin, breast and cervical tissues. Both lutein and zeaxanthin protect the eyes from oxidative stress. The macula is responsible for focus and color differentiation. Lutein and zeaxanthin are found in dark green, leafy vegetables. While the average American intake of lutein is only 2 mg per day, other population groups consume up to 20 to 25 mg per day.

Jarrow Formulas® Lutein is extracted from marigold petals. Each softgel contains 20 mg elemental lutein from40 mg lutein esters, which are naturally occurring, morestable and are well absorbed.

Keep out of the reach of children.

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.

SUPPLEMENT FACTS

Serving Size 1 Softgel	Amount	% DV
Lutein (from 40 mg esters)(*Tagetes erecta*)(Marigold petal extract)	20 mg	*
Zeaxanthin (as esters)(*Tagetes erecta*) (Marigold petal extract)	1 mg	*

* Daily Value not established.

Other Ingredients: Soybean oil and beeswax. Softgel consists of gelatin, glycerin and water.

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