

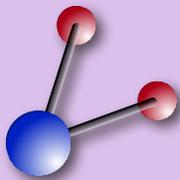
A closer look at Lutein



Also known as “the eye vitamin”, lutein is a carotenoid and antioxidant that can support eye and skin health. It is highly concentrated in the macula of the eye, as well as in the retina, lens and optic nerve.

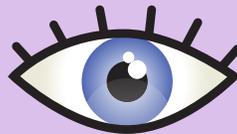
Lutein belongs to a class of carotenoids known as xanthophylls, which are found in brightly colored fruits and vegetables, particularly in those colored yellow, orange and green such as kale, honeydew, orange peppers, spinach, broccoli, egg yolks and citrus fruits.

Xanthophylls act as natural sunscreens in plants, protecting them from the damaging effects of excessive light. These xanthophylls form the macular pigment with the highest density in the macula lutea. In humans, xanthophylls filter high energy blue light, as well as provide antioxidant support which can scavenge reactive oxygen species.



Lutein protects the eyes by filtering out a percentage of damaging short-wavelength UV light that can negatively affect more delicate parts of the eye, such as the macula.

Lutein & Eye Health



High concentrations of these specific carotenoids are found in the macula, which is responsible for vision.



These carotenoids protect the retina by absorbing harmful ultraviolet rays and blue-green light; they can be thought of as natural sunscreens for the eyes.



Carotenoids are also present in the skin. Lutein can support skin health by helping to filter high-energy wavelengths of visible light, which can slow down the rate of oxidative stress.

Lutein & Skin Health



These carotenoids can protect against sun damage by providing antioxidant support. Lipid oxidation, which can lead to skin aging, can be decreased with lutein.



Exposure to air pollutions, UV radiation and excessive sun can generate free radicals and damage skin cells as well. The carotenoids found in lutein can protect against skin damage by boosting skin hydration levels, skin elasticity and concentration of lipids of skin lipids.

Lutein & Antioxidant Support



Free radical damage can increase the risk of developing age related vision loss or disorders, such as macular degeneration or cataracts.



The antioxidant abilities of lutein help to fight free radical damage caused by blue light exposure, as well as exposure to LED lights, sunlight, poor diet and other factors.



Did You Know?

The human body cannot make lutein on its own, which means we must obtain it from our diet or supplements. There are more than 600 different types of carotenoids found in nature, but only about 20 make their way into the eyes.

Taking Your Supplement

It is best to take your lutein supplement with a meal, as lutein acts like a fat-soluble nutrient and is better absorbed when eaten with foods that contain healthy fats.