



Manufacturers of  
Hypo-allergenic  
Nutritional  
Supplements



# Lutein 20 mg.

**INTRODUCED 2004**

## What Is It?

Lutein is a carotenoid found in a vast number of fruits and vegetables. Pure Encapsulations free-form Lutein is structurally similar to the lutein found naturally in spinach and other leafy greens, providing optimal support for macular health and antioxidant support for the retina.\*

## Uses For Lutein

**Healthy Visual Function:** Like other carotenoids, lutein has antioxidant activity in various tissues, but is only one of two that is stored within the retina where it promotes the integrity and density of the macular pigment, a key component of ocular health. Multiple clinical studies suggest a direct relationship between lutein supplementation and macula lutein concentration. Lutein uptake reportedly occurs in the receptor layer of the eye via a soluble carotenoid-binding protein called tubulin. Clinical trials have indicated that lutein specifically supports vision health through a combination of pigment associated antioxidant protection and light screening mechanisms. Furthermore, a two-year, double-blind, placebo-controlled pilot study reported that lutein may support healthy visual function in older individuals more efficiently than alpha tocopherol.\*

## What Is The Source?

Lutein is sourced from FloraGLO® brand, which is derived from marigold flower extract. Vitamin E (mixed tocopherols) is derived from soybean oil.

\*\*FloraGLO LUTEIN is a registered trademark of Kemira Industries, Inc.

## Recommendations

Pure Encapsulations recommends 1-2 capsules per day, with meals.

## Are There Any Potential Side Effects Or Precautions?

At this time, there are no known side effects or precautions. If pregnant or lactating, consult your physician before taking this product.

## Are There Any Potential Drug Interactions?

At this time, there are no known adverse reactions when taken in conjunction with medications.

### Lutein 20 mg.

each softgel capsule contains	6 mg
lutein <sup>††</sup>	20 mg.
vitamin E (mixed tocopherols)	1 i.u.
other ingredients: safflower oil, beeswax, gelatin capsule	
<b>1-2 capsules per day, with meals.</b>	

\*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

For educational purposes only. Consult your physician for any health problems.



— Your Trusted Source —

490 Boston Post Road  
Sudbury, MA 01776 USA  
P: 800-753-2277 • F: 888-783-2277

www.PureCaps.com • csservice@purecaps.com