

Lutein 20 mg

Lutein is a carotenoid. In the body, lutein is found in the brain, breast, cervix, and eye.

Suggested Use

As a dietary supplement, 1 softgel daily with a meal, or as directed by a healthcare practitioner.

Keep in a cool, dry place, tightly capped.



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Supplement Facts

Serving Size	1 Softgel
Servings Per Container	60
Amount Per Serving	% Daily Value*
Vitamin E (as Mixed Tocopherols)	1 IU 3%
Lutein	20 mg †
Zeaxanthin	1 mg †

† Daily Value not established

* Percent Daily Value are based on a 2,000 calorie diet

Other ingredients: Safflower oil, gelatin, glycerin, purified water, yellow beeswax.

Formulated exclusively for NutriCology®
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