

SUGGESTED USE Consume one or more capsules daily or as recommended by your physician. For best results take this product with food containing a small amount of fat or oil. This product is most effective when used as part of a healthy diet and active lifestyle. **For questions about the use of this product call 800.332.7799.**



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Andrew Lessman
Andrew Lessman
Founder of ProCaps Labs



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LUTEIN 12™

12 MG ALL-NATURAL LUTEIN
600 MCG ALL-NATURAL ZEAXANTHIN



DIETARY SUPPLEMENT



360 Easy-to-Swallow Capsules

Andrew Lessman's LUTEIN 12 provides ultra-high levels of Lutein – a powerful protective carotenoid of vital importance to healthy eyes and skin. Lutein is principally found in green vegetables and is most well-known for its central role in protecting the lens of the eye and macula region of the retina from a lifetime of oxidative damage. Lutein is most effective at protecting delicate eye tissues from ultraviolet (UV) radiation and the normal aging process. Lutein improves visual acuity (sharpness of vision) and can also block harmful blue light from reaching vulnerable eye tissues. Not surprisingly, diets rich in Lutein are associated with superior eye health. Lutein's protective benefits are also provided to other vital structures, such as the reproductive organs, breast tissue and the skin. Lutein cannot be made by the body, so its benefits are only achieved when consumed in foods or in nutritional supplements. Sadly, most Americans consume little or no Lutein daily because of our low consumption of green vegetables, leaving our eyes and skin without adequate protection. In addition to its ultra-high levels of Lutein, this formula also provides 600 mcg of Zeaxanthin – Lutein's powerful, natural partner in eye and skin protection. To assure you the greatest benefits possible, we enhance our pure, natural **Lutein** with the unique balance of plant-based Omega-3 fatty acids from Ahiflower® Oil.

Ahiflower® is a registered trademark of Technology Crops, LLC. 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.

**CONTAINS NO ADDITIVES OR
COMMON ALLERGENS OF ANY KIND.**

Supplement Facts

Serving Size 1 Softgel Servings Per Container 360

Amount Per Serving

Lutein	12 mg (12,000 mcg)	†
Zeaxanthin Complex	600 mcg	
Total Omega Fatty Acids (from Ahiflower® Oil B. arvensis seed)	107 mg	†
ALA - Alpha-Linolenic Acid (Omega-3)	67-77 mg	
SDA - Stearidonic Acid (Omega-3)	27-34 mg	
GLA - Gamma-Linolenic Acid (Omega-6)	7-13 mg	

† Daily Value not established.

Other Ingredients: Soft-gelatin capsule (Gelatin, purified water, glycerin).