

USAGE: Take 1 softgel per day with food or as directed by your qualified healthcare professional.

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 brain, skin, breast and cervical tissues.* Both lutein and zeaxanthin protect the macula from degradation normally associated with aging and 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 lutein (net yield) from lutein esters, which are naturally occurring, more stable 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.

Lot #. Best Used Before:

Jarrow
F O R M U L A S

**Lutein 20 mg /
Zeaxanthin 1 mg**

Lutein

**Supports Visual Function*
and Macular Health***

20
MILLIGRAMS

60
SOFTGELS

**DIETARY
SUPPLEMENT**



Supplement Facts

Serving Size 1 Softgel

Servings Per Container 60

	Amount Per Serving	% DV
Lutein (as esters) (<i>Tagetes erecta</i>) (Marigold petal extract)	20 mg	*
Zeaxanthin (as esters) (<i>Tagetes erecta</i>) (Marigold petal extract)	1 mg	*

* Daily Value not established.

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

Contains: Soy.

No wheat, no gluten, no dairy, no egg, no fish/shellfish, no peanuts/tree nuts.

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