

Healthy Aging with FloraGLO® Lutein

Nature's nutrient for healthy eyes and skin

What is lutein?

Lutein is an important natural antioxidant in our body that helps maintain healthy eyes and skin as we age. Our bodies are unable to manufacture lutein. The only way to get lutein is through eating lutein-rich foods or consuming dietary supplements that contain lutein. Once inside the body, lutein is specifically deposited in the eyes and skin, plus other fatty tissues throughout the body.

Why is lutein important in my diet?

Lutein is found naturally in egg yolks and in fruits and vegetables, particularly dark green, leafy vegetables such as spinach and kale. It provides nutritional support to our eyes and skin – the only organs of the body directly exposed to and at greater risk of damage from the environment. It filters high-energy blue light and acts as a natural antioxidant protecting cells from unstable molecules that may lead to oxidative stress and tissue damage.^{1,2}

What scientific research validates lutein?

Over 300 peer-reviewed studies demonstrate lutein's overall human benefits and more than 100 support lutein's role in eye and skin health.

How does lutein provide nutritional support to my eyes and skin?

Lutein is naturally deposited in the macula of the eye through the lutein we consume. Studies indicate that lutein may reduce the risk of developing age-related macular degeneration (AMD).^{3,4,5} A recent well-publicized study in American war veterans showed 10 mg of FloraGLO Lutein per day resulted in better visual function, by improving factors such as glare recovery and contrast sensitivity.⁶ As with the eyes, nature also deposits lutein throughout our skin. A recent human clinical study showed 10 mg of lutein daily increased skin hydration, elasticity and skin lipid content.⁷

How much lutein do I need each day?

6 - 10 mg. Research suggests 6-10 mg per day from dark green leafy vegetables and other sources is necessary to realize lutein's health benefits. Even if you eat a balanced diet, you'd need a large bowl of fresh spinach to get about 6 mg of lutein. Most Americans don't consume enough foods that contain lutein. In fact, consumer statistics show that only 25% of Americans eat the recommended amounts of vegetables and fruits daily.⁸ Lutein is widely available in a variety of nutritional supplements for people wanting to supplement their dietary intake of lutein, improving their diet for healthy eyes and skin.

Is lutein safe? How much is too much lutein?

Yes. The safety of lutein was evaluated by an independent international body recognized throughout the world for establishing the safety of food additives. This organization is called JECFA (Joint Expert Committee on Food Additives). JECFA established an acceptable daily intake (ADI) level for lutein of up to 2 mg per kg of body weight, which is equivalent to approximately 140 mg of lutein per day for a 154 pound person (70 kg).⁹

Is it safe to take a lutein supplement while I am taking medication?

Kemin Health, makers of FloraGLO Lutein, pioneered the purification of natural lutein and is an industry leader in supporting and tracking research about lutein. At this time, Kemin Health is unaware of any studies that have examined interactions between medications and lutein. Kemin Health is also not aware of any adverse health reports from interactions between lutein and medications. However, Kemin Health recommends that you consult your health care professional about possible interactions between your medication and any supplement, including lutein, before beginning such a regimen.

Are all lutein supplements the same? Why should you look for supplements containing FloraGLO Lutein?

Not all lutein is created equal. FloraGLO Lutein is the leading brand of purified lutein found in top supplement brands and is the exact same lutein molecule found in nature. It is the original supplemental lutein introduced to the nutrition world. The FloraGLO name assures you are consuming a high quality of lutein – lutein that is used by more researchers and leading supplement brands worldwide than any other lutein ingredient.

References

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