

# Make Your Routine FloraGLO Lutein™



**FloraGLO**  
LUTEIN 

**The #1 Doctor Recommended Lutein Brand\***

\*Based on the results of the National Disease and Therapeutic Index syndicated report among physicians who recommend a dietary supplement with lutein for eye health - Feb. 2010 - Feb. 2011 (USA data)

Nearly half of all Americans aren't getting enough lutein each day—an essential nutrient critical to maintaining healthy vision. Just 10 mg a day helps protect your eyes.



### Seeing Green

Think carrots are the best food for your eyes? Think again. Leafy greens like kale, spinach or broccoli are the best sources of lutein.



## Eye Protection from the Inside Out

Lutein (LOO-teen) and its sister molecule zeaxanthin (zee-uh-zan'-thin) work like internal sunglasses inside your eyes, protecting them from damaging light.

► These powerful antioxidants keep your eyes healthy, improve visual performance and help reduce the risk of certain eye conditions as you age. Although you are born with protective lutein pigment in your eye, these levels generally decrease with age. Since your body can't produce lutein, it's important to replenish your lutein levels through diet and eye vitamins.

Your eyes are exposed to high-energy blue light every day from sources indoors, like light bulbs and even computer screens, as well as from sunlight outside. **Lutein keeps your eyes protected 24/7.**

Clinical research shows daily supplementation with products containing FloraGLO® increases lutein levels in the eyes,<sup>1,2</sup> so it's no wonder why FloraGLO is the lutein brand trusted and recommended by more doctors.\*

## Are You Getting It?



The newest clinical research indicates that you should get at least 10 mg of lutein daily to protect your eyes and keep them healthy.

▶ Eating green, leafy vegetables like spinach and kale provides the best dietary sources of lutein, but it's difficult to get the lutein your eyes need from diet alone. If you're like most Americans, your daily diet only provides about 1-2 mg of lutein. Supplementing your diet with eye vitamins containing FloraGLO® is an easy way to bridge the lutein gap in your diet and make sure you're getting the protection you need to keep your eyes healthy.

### Did you know?

**FloraGLO** is the most clinically researched lutein brand in the world. It provides the same lutein form found naturally in vegetables and other foods.

## How Does Your Diet Measure Up?

FOOD	SERVING	LUTEIN
Kale - cooked	1 cup	23.8 mg
Spinach - cooked	1 cup	20.4 mg
Collards - cooked	1 cup	14.6 mg
Turnip Greens - cooked	1 cup	12.2 mg
Spinach - raw	1 cup	3.8 mg
Corn - cooked or canned	1 cup	2.2 mg
Green Peas - canned	1 cup	2.2 mg
Broccoli - cooked	1 cup	1.6 mg
Romaine Lettuce - raw	1 cup	1.3 mg
Green Beans - cooked	1 cup	0.8 mg
Eggs	2 large	0.3 mg
Orange	1 medium	0.2 mg

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1. Richer, S., W. Stiles, et al. (2004). "Double-masked, placebo-controlled, randomized trial of lutein and antioxidant supplementation in the intervention of atrophic age-related macular degeneration: the Veterans LAST study (Lutein Antioxidant Supplementation Trial)." *Optometry* 75(4): 216-30. 2. Stringham, J. M. and B. Hammond (2008). "Macular Pigment and Visual Performance Under Glare Conditions." *Optometry & Vision Science* 85(2): 82-88.



## Look For It On The Label

With FloraGLO® you can be sure  
you're really getting the lutein eye  
benefits a product promises.

### The #1 Doctor Recommended Lutein Brand\*

#### Available Lutein Supplements

FloraGLO brand lutein (mg per serving)

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Alcon ICAPS Lutein & Omega-3 Formula  
10 mg lutein / 2 mg zeaxanthin

Alcon ICAPS Lutein & Zeaxanthin Formula 4 mg

Alcon ICAPS MV Multivitamin Formula  
6.67 mg lutein / 3.33 mg zeaxanthin

Allergy Research Group Lutein 20 mg

Bausch & Lomb OcuVite Adult 2 mg

Bausch & Lomb OcuVite Adult 50+ 6 mg

Bausch & Lomb PreserVision Lutein 10 mg / 2 softgels daily

Botanic Choice Opti Gold 15 mg

Bronson Lutein 20 mg

Carlson Able Eyes 6 mg

Cooper Eye Health Formula 10 mg

Country Life Lutein 20 mg

CVS Vision Formula 2 mg

Doctor's Advantage Macular Shield 15 mg

Doctor's Best Free Lutein 20 mg

Eagle Eye Sciences Macular Assist  
15 mg lutein / 4 mg zeaxanthin

Equate Vision Formula (Walmart) 2 mg

Fortifeye Complete Macular Defense 30 mg

Futurebiotics Eye Bright 5 mg

GNC Natural Brand Lutein 40 mg

Inno-Vite 15 and 25 mg (Canada only)

Inno-Vision 10 mg (Canada only)

InVite Health Macula Hx 10 mg

Martek Life's DHA plus+ Eye Health 10 mg

MedOp MaxiVision Eye & Body Formula 10 mg

MedOp MaxiVision Whole Body Formula 20 mg

Natrol Advanced Eye Support 25 mg

Natural Factors Lutein 18 and 20 mg

Natural Factors Vision Factors 7.5 mg

Nature Made 20 mg

Nature's Plus Advanced Therapeutics Lutein Rx-Eye 20 mg

Nature's Plus Ultra Lutein 20 mg

Nature's Sunshine Lutein 10 mg

NatureMost Labs Lutein 20 mg

NOW Clinical Strength Ocu Support 10 mg

NutraSee's Total Ocular Health Formula 10 mg

Nutri-Supreme Ultra Care 10 mg

Nutricology Lutein 20 mg

Pure Encapsulations Lutein/Zeaxanthin  
10 mg lutein / 2 mg zeaxanthin

Pure Essence Labs Vision Cellular Support System 10 mg

Purity Products Perfect Multi Super Greens 10 mg

Real Health Laboratories Vision Formula 6 mg

ScienceBased Health MacularProtect Complete 10 mg

ScienceBased Health OcularProtect 7 mg

Solgar Lutein Carotenoid Complex 15 mg

Source Naturals Lutein 6 and 20 mg

Swiss Herbals Lutein 20 mg (Canada only)

TwinLab OcuGuard Plus with Lutein 20 mg

Vitality OcuEye Multi-Vites 12 mg

Vitalux Plus Omega 3 with Lutein 10 mg (Canada only)

Vitamin Science Visi-Vite i-Defense Formulas 10 & 15 mg

Vitamin Shoppe Lutein 6 and 20 mg

Vitamin Shoppe Occu-Plus with Lutein 10 mg

Viteyes AREDS Formulas 6 and 10 mg

Viteyes Essentials 15 mg

Webber Naturals Lutein with Zeaxanthin  
10 mg (Canada only)

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# Keep Your Eyes Healthy

- Maintain healthy levels of lutein in your eyes through diet and supplementation
- Wear sunglasses and hats when in sunlight
- Get an eye exam at least every two years
- Do not smoke
- Watch your weight
- Limit alcohol intake

## Is Your Lutein Level Low?

► Low lutein levels, or low macular pigment optical density (MPOD), is a risk factor for developing an age-related eye condition called macular degeneration (AMD)—the leading cause of blindness among all Americans ages 50 and older. Knowing your MPOD level lets you know if you're getting enough lutein to your eyes to keep them healthy. Talk to your eye doctor today about a simple, safe test that measures your MPOD.†

†While more and more eye doctors are recognizing the importance of MPOD to overall retinal health, MPOD devices are fairly new and might not be available everywhere yet. Ask your eye doctor if MPOD testing is available in your area.

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[Learn More About Lutein](#)

[www.floraglolutein.com](http://www.floraglolutein.com)

**Eye Care Professionals:** To reorder free patient brochures for your office, please email: [floraglo@kemin.com](mailto:floraglo@kemin.com)

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