

Eye Benefits of Lutein and Zeaxanthin³

Lutein and Zeaxanthin are dietary nutrients found in the eye as components of the macular pigment and within the crystalline lens. Lutein and Zeaxanthin are antioxidants that protect against light-induced oxidative stress, and they also act as filters, absorbing harmful blue light.

Lutein and Zeaxanthin act as “internal sunglasses”, providing protection against damaging light. – *Dr Richer*³



Are you getting enough Lutein and Zeaxanthin?

Probably **NOT!** Studies showed health benefits in taking **10mg/day of a Lutein** and **2mg/day of a Zeaxanthin**². Most people getting a typical low amount of Lutein and Zeaxanthin (1-2 mg/day) from dietary sources⁴.

5 ways to get your needed Lutein and Zeaxanthin



**6 cups of cooked
broccoli daily**



**40 large cooked
eggs daily**



**1 kg of cooked
sweet corn daily**



**3 cups of raw
spinach daily**



**Take 1 capsule of
eye supplement daily**

Source: Conversion according to USDA National Nutrient Database for Standard Reference, 2018⁵

References:

1. All about vision.com. 2017. Lutein and Zeaxanthin: Eye and Vision Benefits. <http://www.allaboutvision.com/nutrition/lutein.htm>. Accessed 18 Sep 2018.
2. American Optometric Association. 2018. Lutein & Zeaxanthin. <https://www.aoa.org/patients-and-public/caring-for-your-vision/diet-and-nutrition/lutein>. Accessed 18 Sep 2018.
3. Kemin Foods, LLC and ZeaVision. 2014. Carotenoids for Ocular Health; An expert review of the scientific evidence and best nutritional practices. http://mededicus.com/downloads/Carotenoids_for_Ocular_Health_Monograph.pdf. Accessed 19 Sep 2018.
4. American Optometric Association. 2018. Eye Health & Nutrition After AREDS2. <http://www.petrouyecare.com/wp-content/uploads/2014/03/239254-Eye-Health-Nu.pdf>. Accessed 19 Sep 2018.
5. United States Department of Agriculture (USDA). 2017. USDA Food Composition Databases: Nutrients Lutein and Zeaxanthin. https://ndb.nal.usda.gov/ndb/nutrients/report/nutrientsfrm?max=25&offset=0&totCount=0&nutrient1=338&nutrient2=&nutrient3=&subset=0&sort=c&meas_ureby=. Accessed 19 Sep 2018.

