

Available Lutein Supplements  
FloraGLO® brand lutein (mg per serving)

GNC Natural Brand Lutein 40 mg  
Inno-Vite 25 mg (Canada only)  
Inno-Vision 10 mg (Canada only)  
InVite Health Macula Hx 10 mg  
Macular Health's Visual Advantage AREDS II  
10 mg lutein / 2 mg zeaxanthin  
Martek Life's DHA plus+ Eye Health 10 mg  
Maxi Vision Whole Body Formula  
20 mg lutein / 4 mg zeaxanthin  
Michael's Vision Factors 10 mg  
Nature Made Lutein 20 mg  
Nature's Plus Ultra Lutein 20 mg  
NatureMost Labs Lutein 20 mg  
Nordic Naturals Pro DHA Eye 20 mg  
Nutrascriptives Eye Formula 20 mg  
NutraSee's Total Ocular Health Formula 10 mg  
Nutri-Supreme Ultra Care 10 mg  
Nutricology Lutein 20 mg  
nutrivision 10 mg lutein / 2 mg zeaxanthin  
Optimum Lutein with Zeaxanthin 6 mg  
Prevention Pharmaceuticals oma3 Eye Health 10 mg  
Protocol For Life Balance Ocu Support 10 mg  
Pure Encapsulations Lutein/Zeaxanthin  
10 mg lutein / 2 mg zeaxanthin  
Purity Products Perfect Multi Super Vision 10 mg  
R.B.I. Vision Performance 10 mg lutein / 2 mg zeaxanthin  
Source Naturals Lutein 6 and 20 mg  
Swiss Natural Lutein 6 & 20 mg (Canada only)  
TOZAL Complete Eye Health Formula  
15 mg lutein / 3 mg zeaxanthin  
TwinLab OcuGuard Plus with Lutein 20 mg  
ViriLife Naturals Optim-Eyes 10 mg  
VitaFusion Daily Vision Lutein + Multivitamin Gummies 10 mg  
Vitalux Plus Omega 3 with Lutein 10 mg (Canada only)  
Vitamin Research Extension Vision  
15 mg lutein / 4 mg zeaxanthin  
Vitamin Science Visi-Vite i-Defense Formulas 10 & 15 mg  
Vitamin Shoppe Occu-Plus with Lutein 10 mg  
Viteyes Eye Vitamins 6, 10 & 15 mg

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

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.

## 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.

Learn More About Lutein

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

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

This Information Brought to You By



The Makers of FloraGLO® Lutein

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# 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 - June 2012 - June 2013 (USA data)



## 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.

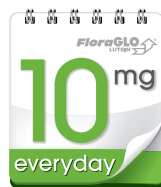
▶ These powerful antioxidants keep your eyes healthy, improve visual performance and help reduce the risk of certain eye conditions as you age. Although you are born with protective lutein pigment in your eye, these levels generally decrease with age. Since your body can't produce lutein, it's important 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
Turnip Greens - cooked	1 cup	12.2 mg
Collards - cooked	1 cup	11.8 mg
Spinach - raw	1 cup	3.7 mg
Broccoli - cooked	1 cup	1.7 mg
Corn - cooked or canned	1 cup	1.4 mg
Green Peas - canned	1 cup	1.2 mg
Romaine Lettuce - raw	1 cup	1.1 mg
Green Beans - cooked	1 cup	0.9 mg
Eggs	2 large	0.3 mg
Orange	1 medium	0.2 mg

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\*\*USDA National Nutrient Database for Standard Reference Release 26, <http://ndb.nal.usda.gov/ndb/search/list>

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)

- 4Life VISTA 10 mg lutein / 2 mg zeaxanthin
- Alcon ICAPS Lutein & Omega-3 Formula 10 mg lutein / 2 mg zeaxanthin
- Alcon ICAPS MV Multivitamin Formula 6.67 mg lutein / 3.33 mg zeaxanthin
- Alive Vitamins Lutein Eye Formula with Blueberry & Bilberry 18 mg
- Allergy Research Group Lutein 20 mg
- Bausch & Lomb Ocuvite Adult 50+ 5 mg lutein / 1 mg zeaxanthin
- Bausch & Lomb PreserVision AREDS 2 Formula 10 mg lutein / 2 mg zeaxanthin
- Biosyntrx Macula Complete 16 mg
- Botanic Choice Opti Gold 15 mg
- Bronson Lutein 20 mg
- Centrum Specialist Vision by Pfizer 10 mg lutein / 2 mg zeaxanthin
- Cooper Complete Eye Health 10 mg
- Cooper Complete MVP (Maximum Vision & Performance) 10 mg lutein / 2 mg zeaxanthin
- 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
- EyePromise Restore by ZeaVision 4 mg
- EyePromise Zeaxanthin and Lutein 10 mg lutein / 10 mg zeaxanthin
- Glare Relief 10 mg lutein / 2 mg zeaxanthin

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← **Detach here** and take this list with you when shopping for eye vitamins