

SUGGESTED USE Consume one or more capsules daily or as recommended by a health care professional. Since Lutein is fat soluble, it should always be consumed with foods or a meal containing a small amount of fat or oil. This product is most effective as part of a healthy diet and active lifestyle, along with one of **ANDREW LESSMAN'S** multi-vitamin-mineral formulas. **For answers to questions about the use of this product, call 800.808.7311.**

**THIS PRODUCT IS
ONLY AVAILABLE FROM**



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LUTEIN 10™

10 MG ALL-NATURAL LUTEIN
500 MCG ALL-NATURAL ZEAXANTHIN



DIETARY SUPPLEMENT

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360 Easy-to-Swallow Capsules

Andrew Lessman's LUTEIN 10 provides ultra-high levels of Lutein – a powerful protective carotenoid of vital importance to healthy eyes and skin. Lutein is principally found in green vegetables and is most well-known for its central role in protecting the lens of the eye and macula region of the retina from a lifetime of oxidative damage. Lutein is most effective at protecting delicate eye tissues from ultraviolet (UV) radiation and the normal aging process. Lutein improves visual acuity (sharpness of vision) and can also block harmful blue light from reaching vulnerable eye tissues. Not surprisingly, diets rich in Lutein are associated with superior eye health. Lutein's protective benefits are also provided to other vital structures, such as the reproductive organs, breast tissue and the skin. Lutein cannot be made by the body, so its benefits are only achieved when consumed in foods or in nutritional supplements. Sadly, most Americans consume little or no Lutein daily because of our low consumption of green vegetables, leaving our eyes and skin without adequate protection. In addition to its ultra-high levels of Lutein, this formula also provides 500 mcg of Zeaxanthin – Lutein's powerful, natural partner in eye and skin protection.

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.

**CONTAINS NO ADDITIVES OR
COMMON ALLERGENS OF ANY KIND.**

Supplement Facts

Serving Size 1 Capsule	Servings Per Container 360	
Amount Per Serving	%DV*	
Vitamin C (as calcium ascorbate)	120 mg	200%
Magnesium (as magnesium oxide)	60 mg	15%
Lutein	10 mg (10,000 mcg)	†
Zeaxanthin	500 mcg	†

* Percent Daily Values (%DV) are based on a 2,000 calorie diet.
† Daily Value not established.

Other Ingredients: Gelatin capsule.