

# ZEAXANTHIN WITH LUTEIN

## The Clearly-Seen Benefits of Advanced Eye Protection



In the U.S. and other developed nations, the worst enemy of eyesight is not disease, it is the natural aging process. But even if the advance of years is unstoppable, new research shows that eyesight can be protected as we age. Two little-known carotenoids have been found to protect eyesight and combat the effects of aging upon the retina. Zeaxanthin and lutein, naturally found in many fruits and vegetables, form a natural filter on the retina, protecting the delicate photoreceptor cells from the damaging effects of

blue-wave light and the UV radiation of sunlight. The two nutrients have also been found to be natural antioxidants, further protecting the retina from the oxidation that arises from normal body functions as well as exposure to cigarette smoke, air pollutants, radiation, and environmental toxins.

Source Naturals unites the benefits of both these nutrients in ZEAXANTHIN WITH LUTEIN, offering one of the most advanced approaches to eye protection available.



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## Key to Healthy Vision

Vision is the conversion of light into image signals that the brain can understand. The macula, a tiny area at the center of the retina on the back wall of the eye, is a collection of photoreceptor cells, mostly cone cells, responsible for turning light into color images. This receptor area is protected from light and oxidation by a thin layer of yellow pigment composed of the two carotenoids, zeaxanthin and lutein. As long as this pigment filter is undamaged and dense, it protects the retina cells from the damage of near-to-UV blue light, the most damaging wavelength of light.

## Vision-Specific Nutrients

Carotenoids are a family of nutrients found abundantly in fruits, vegetables, and green plants. Of the more than 600 carotenoids found in nature, only about 20 are found in human plasma and tissue. Of these, only lutein and zeaxanthin are specifically located in the macula of the retina of the eye. Zeaxanthin and lutein occur naturally in a healthy diet—lutein is found in foods such as broccoli, collard greens, kale, and spinach, zeaxanthin in oranges and corn. Many carotenoids are also antioxidants, which inactivate certain oxygen radicals by physical or chemical quenching. In the eye, the molecular properties of zeaxanthin and lutein maintain the integrity of the macula and the blood vessels by combating degenerative oxygenative reactions.

## Pigment Density

The amount of zeaxanthin and lutein in the diet affects macular pigment density,

a factor in good eyesight. Although there are many contributing factors to clear vision—inherited factors among them—some of the factors can be controlled. The density of the macular pigment, the natural protection of the macula and the photoreceptor cells of the retina, are increased by the addition of zeaxanthin and lutein in the diet.

A Harvard-led study found that eating lutein-rich foods five days per week meant subjects were eight times more likely to have healthy macular pigment density than those who consumed the same foods just once a month. Another study at the University of Florida found that diets rich in lutein and zeaxanthin could substantially (82%) protect the macula. A number of companies offer either lutein or zeaxanthin. Source Naturals combines the benefits of both, just as both are used in the eye.

## Part of Your Wellness Program

Maintain your healthy eyesight now, because once lost, many functions of the eye cannot be repaired. Source Naturals offers you ZEAXANTHIN WITH LUTEIN as part of our commitment to developing natural products that empower you to take charge of your health. Make sure Source Naturals ZEAXANTHIN WITH LUTEIN is a part of your wellness program, an advanced approach to eye protection.

## References:

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Krisinsky N, et al (2003). *Annual Review of Nutrition*. 23:171-201.



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