

# Lutein-Vision Advanced™

Blackmores Lutein-Vision Advanced™ is a macular defence formula based on the latest scientific eye research. It contains lutein and zeaxanthin (found in high concentrations in the macular area) which have been shown to increase the density of the protective macular pigment of the retina and contains omega-3 fatty acids important for macular health. Selenium has also been added for its antioxidant role in maintaining eye health.

## Features and benefits

- Helps protect the macular region of the eye from free radical damage.
- Increases the density of the protective macular pigment of the retina
- Contains omega-3 fatty acids important for macular health
- A percentage of the sales from Lutein-Vision Advanced™ supports the MD Foundation.

## How it works

### Lutein and zeaxanthin

Lutein and zeaxanthin are carotenoids found in the human eye. The highest concentration is found in the macular area of the retina. The macula is responsible for central and colour vision. Our ability to recognise faces, read, drive, see colours and contrast are all dependent on a healthy macula. They are also present in the lens .

In the macula, lutein and zeaxanthin form a layer of yellow pigment called the macular pigment, which serves as an effective natural filter of the most damaging light (near-to-UV blue light) that reaches the retina .

Human studies suggest that supplements containing natural lutein and zeaxanthin esters may increase the density of the macular pigments . Higher macular pigment density is associated with healthier eyes and the retention of visual sensitivity.

In addition to absorbing potentially harmful blue light, lutein and zeaxanthin also function as antioxidants and may help reduce the risk of age-related macular damage by decreasing the cumulative effects of oxidative damage to the retina and lens .

### Selenium

Lutein-Vision Advanced™ contains selenium as selenomethionine, an easily absorbed form of selenium .

Selenium may play an important antioxidant role in the eye as part of an antioxidant enzyme called glutathione peroxidase (GSH). GSH is concentrated in the lens where it has an important role in preserving the clarity of the lens and preserving healthy eye function .

### Omega-3 fatty acids

Several studies have found that higher intakes of omega-3 fatty acids and fish are associated with better macular health . Very high levels of polyunsaturated fatty acids, particularly DHA (docosahexaenoic acid), are present in the retina, specifically in photoreceptor cells and the vascular part of the retina.

The photoreceptors are constantly being renewed and therefore a constant supply of DHA may be required for proper retinal function. A marginal depletion may make the retina more vulnerable to damage .

## Dosage

Adults - Take 2 capsules a day with meals, or as professionally prescribed.

Not suitable for use by children under 15 years.

## Cautions

- Selenium is toxic in high doses. Selenium in dietary supplements should not exceed a daily dose of 100 µg.
- Contains sodium sulfite.
- Always read the label. Use only as directed.

## Active ingredients per capsule

<i>Tagetes erecta</i> (Marigold) extract equiv to dry flower 500mg (standardised to contain lutein esters calculated as lutein)	5 mg	10 mg
Selenomethionine 122 µg (Selenium)	50 µg	100 µg
Zeaxanthin	1 mg	2 mg
Concentrated omega-3 triglycerides-fish 850 mg Containing omega-3 marine triglycerides 500 mg as:		
Eicosapentaenoic acid (EPA)	325mg	650 mg
Docosahexaenoic acid (DHA)	175 mg	350 mg

## Physical description

Brown soft gelatin capsule.