

**USAGE:** Take 1 capsule 1 or 2 times per day with food or as directed by your qualified healthcare professional.

**NOTE:** If you have a medical condition or are taking medications, consult your healthcare professional before using this product.

**Jarrow Formulas® Blackcurrant + Lutein** is a powerful formula for reducing eye fatigue and supporting eye function.\*

New Zealand Blackcurrants are among the most antioxidant-rich berries, due to the high content of polyphenol pigments (anthocyanosides) that lend the berries their rich purple color. Blackcurrants are particularly noted for their protective effects on eye health, eye discomfort and visual fatigue.\* Lutein and zeaxanthin, antioxidant carotenoids found in dark green, leafy vegetables, are important components of the macular pigment in the eye.\* The macula is responsible for focus and color differentiation, and the macular pigment protects the eyes from blue light, ultraviolet radiation and oxidative stress.\*

Keep out of the reach of children.

\* 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.

Lot #. Best Used Before:

**Jarrow**  
FORMULAS®

With  
**New Zealand  
Blackcurrant**

# Blackcurrant +Lutein

**Supports Eye Function\*  
& Eye Comfort\***

**Protects Against Blue  
& UV Light\***

**60** DIETARY  
VEGGIE CAPS SUPPLEMENT



## Supplement Facts

Serving Size 1 Capsule  
Servings Per Container 60

	Amount Per Serving	% DV
Blackcurrant Freeze-Dried Extract ( <i>Ribes nigrum</i> L.) (Fruit) (20% [40 mg] Polyphenols)	200 mg	†
Lutein (from Esters) ( <i>Tagetes erecta</i> ) (Marigold Petal Extract)	10 mg	†
Zeaxanthin (from Esters) ( <i>Tagetes erecta</i> ) (Marigold Petal Extract)	400 mcg	†

† Daily Value not established.

Other Ingredients: Cellulose, magnesium stearate (vegetable source) and silicon dioxide. Capsule consists of hydroxypropylmethylcellulose.

**Suitable for vegetarians/vegans.**

No wheat, gluten, soybeans, dairy, egg, fish/shellfish, or peanuts/tree nuts.

Store in a cool, dry place.



Distributed Exclusively by:

**Jarrow FORMULAS®**

Superior Nutrition and Formulation™

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Los Angeles, CA 90035-4317

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

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