

**USAGE:** Take 1 softgel 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.

**Lutein** is an antioxidant carotenoid that occurs in nature with zeaxanthin, a closely related carotenoid. Lutein and zeaxanthin concentrate in the eye's macula and lens, as well as in the brain, skin, breast and cervical tissues.\* Both lutein and zeaxanthin protect the macula from degradation normally associated with aging and oxidative stress.\* The macula is responsible for focus and color differentiation. Lutein and zeaxanthin are found in dark green, leafy vegetables. While the average American intake of lutein is only 2 mg per day, other population groups consume up to 20 to 25 mg per day.

**Jarrow Formulas®** Lutein is extracted from marigold petals. Each softgel contains 20 mg lutein (net yield) as free lutein, the form found in the macula.\*

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.

Lutemax® 2020 is a registered trademark of OmniActive Health Technologies, LTD.

Lot #. Best Used Before:

**Jarrow**  
FORMULAS

**Lutein 20 mg /  
Zeaxanthin 4 mg**

# Lutein

**Supports Visual Function\*  
and Macular Health\***

**20**  
MILLIGRAMS

**60**  
SOFTGELS

**DIETARY  
SUPPLEMENT**



## Supplement Facts

Serving Size 1 Softgel  
Servings Per Container 60

	Amount Per Serving	% DV
Lutein ( <i>Tagetes erecta</i> ) (Marigold Petal Extract)	20 mg	†
Zeaxanthin ( <i>Tagetes erecta</i> ) (Marigold Petal Extract)	4 mg	†

† Daily Value not established.

Other Ingredients: Sunflower oil, beeswax and natural mixed tocopherols (added to maintain freshness). Softgel consists of bovine gelatin, glycerin and purified water.

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

**NOTE:** Color variation due to nature of material.

Store in a cool, dry place.

**Lutemax**  
LUTEIN &  
ZEAXANTHIN **2020**

Distributed Exclusively by:

**Jarrow FORMULAS®**

Superior Nutrition and Formulation™

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