LUTEIN

An IMPORTANT NUTRIENT for BRAIN and EYE HEALTH

What is lutein?
Lutein is a carotenoid that, along with the carotenoid zeaxanthin, can impact visual health by slowing the progression of age-related macular degeneration (AMD). More recent research has discovered lutein’s role in cognition.

How does lutein impact cognition?
• Lutein is the predominant carotenoid in the brain from infancy to old age, and this finding has led researchers to study the impact of lutein on cognitive development.
• Lutein and zeaxanthin levels in the eye are significantly correlated with levels in the brain. Greater macular pigment optical density (MPOD) is positively associated with academic performance in children.¹
• Lutein has been shown to play a role in cognition in older adults as well.²

How does lutein impact eye health?
• Lutein and zeaxanthin block “blue light” — the shorter, more energetic wavelengths of visible light from sunlight and digital devices like smartphones and computers.
• Studies suggest that too much blue light may cause damage in the eye.³
Sources of Lutein and Zeaxanthin

- Spinach
- Green Peas
- Brussels Sprouts
- Broccoli
- Sweet Corn
- Summer Squash
- Eggs

Research suggests that the lutein and zeaxanthin in EGGs are more bioavailable than in plant sources.

MPOD Testing

Macular pigment optical density (M POD) testing is a non-invasive way to know the lutein and zeaxanthin levels in your eyes.

Testing takes about 90 seconds per eye.

After testing is complete, your MPOD score indicates your lutein and zeaxanthin levels.

0 LOW 0.2 AVERAGE 0.5 HIGH
