

Nearly every source of light emits blue light.<sup>1</sup>  
LED lights and digital devices emit blue light.  
Too much blue light may affect your vision.<sup>2</sup>  
Dietary supplements containing FloraGLO® Lutein  
may protect your eyes.

## Trust your eyes to FloraGLO® Lutein

Safe. Naturally Sourced. Clinically Proven.  
Blue-light Patented.

No other lutein brand is supported by more research or recommended by more eye doctors. More than 80 human clinical trials—including the National Eye Institute's landmark AREDS2 study<sup>14</sup>—show that taking supplements with lutein daily is good for your eyes. FloraGLO is supported by a patent showing how lutein filters blue light to help protect eyes. For over 20 years, FloraGLO has set the standard for safety and quality in lutein.



<sup>1</sup>Based on the results of the National Disease and Therapeutic Index syndicated report among physicians who recommend a dietary supplement with lutein for eye health - December 2014 - December 2015 (USA data).

- <sup>1</sup> Environ Health Perspect. 2010 Jan; 118(1): A22-A27.
- <sup>2</sup> Tosini G, Ferguson I, and Tsubota K (2016). Effects of blue light on the circadian system and eye physiology. Mol Vis. 24: 2261-2272.
- <sup>3</sup> The Vision Council. (2016) Eyes Overexposed: The Digital Device Dilemma. [http://www.thevisioncouncil.org/sites/default/files/2416\\_VC\\_2016EyeStrain\\_Report\\_WEB.pdf](http://www.thevisioncouncil.org/sites/default/files/2416_VC_2016EyeStrain_Report_WEB.pdf).
- <sup>4</sup> Kawabata F and Tsuji T (2011). Effects of dietary supplementation with a combination of fish oil, bilberry extract, and lutein on subjective symptoms of asthenopia in humans. Biomed Res. 32: 387-393.
- <sup>5</sup> Yagi, A. et al. The effect of lutein supplementation on visual fatigue: A psychophysiological analysis. Appl. Ergon. 40, 1047-1054 (2009).
- <sup>6</sup> Wu J, Seregard S, and Algvere P (2006). Photochemical damage of the retina. Surv Ophthalmol. 51: 461-481.
- <sup>7</sup> Algvere P, Marshall J, and Seregard S (2006). Age-related maculopathy and the impact of blue light hazard. Acta Ophthalmol Scand. 84: 4-15.
- <sup>8</sup> American Optometric Association - Light and Eye Damage - Gregory W. Good, O.D., Ph.D. (2014). <http://www.aoa.org/Documents/CRG/Blue%20Light%20and%20Eye%20Damage.pdf>.
- <sup>9</sup> Renzi, L. M., Bovier, E. R. & Hammond, B. R. A role for the macular carotenoids in visual motor response. Nutr. Neurosci. 16, 262-268 (2013).
- <sup>10</sup> Bovier, E. R., Renzi, L. M. & Hammond, B. R. A double-blind, placebo-controlled study on the effects of lutein and zeaxanthin on neural processing speed and efficiency. PloS One 9, e108178 (2014).
- <sup>11</sup> Roberts, Richard. "Methods of Treating Ocular Disorders." Kemin Industries, Inc., assignee. Patent US9226940 B2. 5 Jan. 2016. Kemin's patent covers three conditions for all ages; presbyopia, hyperopia, and astigmatism.
- <sup>12</sup> Johnson E, Maras J, Rasmussen H, and Tucker K (2010). Intake of lutein and zeaxanthin differ with age, sex, and ethnicity. J Am Diet Assoc. 110: 1357-1362.
- <sup>13</sup> USDA National Nutrient Database for Standard Reference (Release 28, released September 2015, slightly revised May 2016). <https://ndb.nal.usda.gov/ndb/nutrients/>.
- <sup>14</sup> Age-Related Eye Disease Study 2 (AREDS2) Research Group (2014). JAMA Ophthalmol. 132: 142-149.

Eye care professionals: To reorder free patient brochures for your office, please visit [www.FloraGloBrochures.com](http://www.FloraGloBrochures.com)

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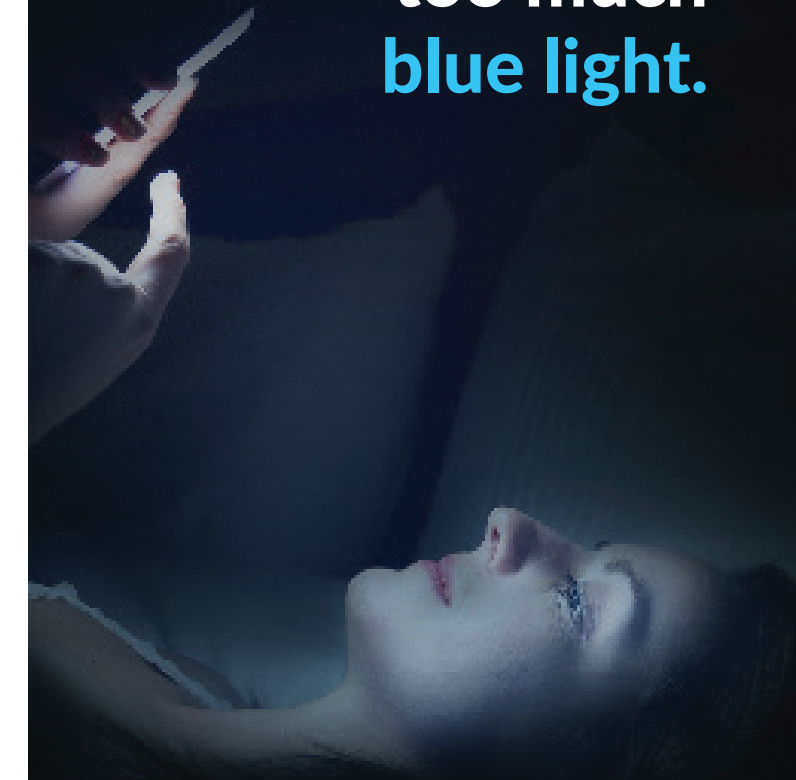


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Protect your  
eyes from  
too much  
blue light.



For BLUE LIGHT protection.

# FloraGLO<sup>®</sup> Lutein. For healthy vision in today's digital world.

## Of all the colors in the light spectrum, blue is the hardest on your eyes.<sup>2</sup>

The blue part of the visible spectrum is considered "high energy" light. It reaches deeper into the eye and can damage the retina. Over time, the more that blue light penetrates your eyes, the more your vision can be affected. What's more, nearly every source of light — natural or artificial — emits harmful blue rays.<sup>1</sup>



## More digital devices = more blue light.

Blue light is especially troublesome in today's digital age, because computers, tablets, TVs and smartphones all emit significant amounts of blue light. The more time you spend staring at a screen, the more your eyes could be affected by excess blue light.<sup>1,2</sup> But there is something you can do. **Look for dietary supplements containing FloraGLO Lutein, the natural way to protect your eyes from blue-light overexposure.**

## FloraGLO builds your eyes' natural blue-light filters.

Nature gave your eyes two natural blue-light filters: lutein (LOO-teen) and zeaxanthin (zee-uh-zan-thin). They work like sunglasses inside your eyes, forming a protective layer called macular pigment. Since your body cannot produce lutein on its own, it's important to build and maintain your lutein levels through diet or a daily supplement containing FloraGLO.

## Improved eye performance

Lutein and zeaxanthin can also enhance quality of vision. Higher levels of these nutrients in your eyes help you recover more quickly from intense light and can promote sharper vision, which helps you in low-light situations, such as driving at night or reading in bed.<sup>9,10</sup>

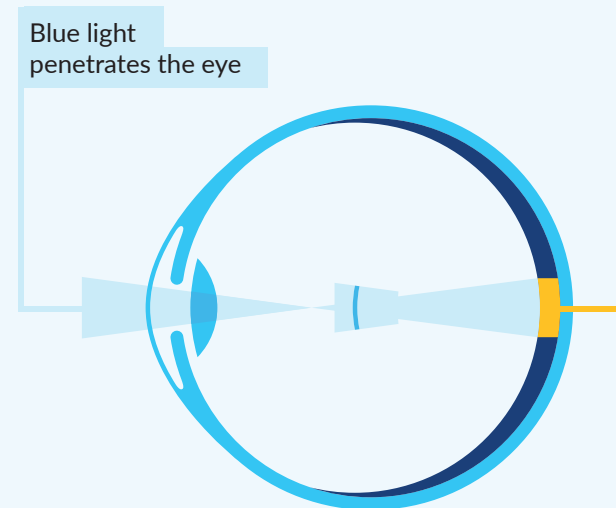


FloraGLO is supported by a patent showing how lutein filters blue light to help protect eyes that may be most vulnerable to damage.<sup>11</sup>



FloraGLO is made from marigolds, a natural source of lutein, hence the "flora" part of the name.

### How lutein benefits the eye



## Potential dangers of too much blue

### SHORT TERM from digital use<sup>3,4,5</sup>

- headaches
- blurred vision
- eye strain
- eye fatigue

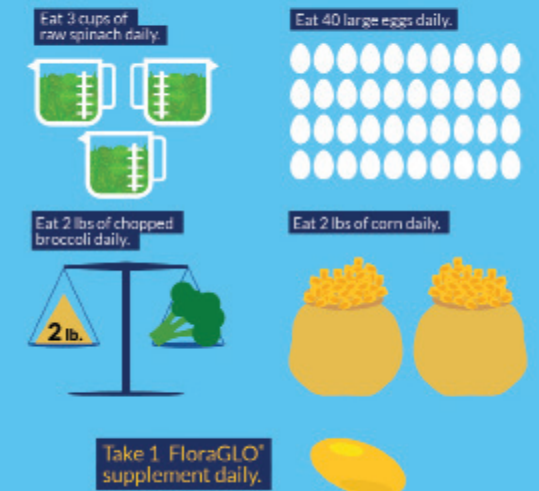
### LONG TERM from blue light<sup>6,7,8</sup>

- retinal damage
- poor glare recovery
- reduced visual performance
- age-related eye conditions

## HOW MUCH LUTEIN DO YOU NEED?

You should get at least 10 mg of lutein daily to protect your eyes. Leafy greens like kale, spinach and broccoli are the best sources of lutein (sorry, carrots!). But if you're like most Americans, you're getting only 1–2 mg of lutein per day.<sup>12</sup> Taking a dietary supplement containing FloraGLO is a smart, easy way to bridge the lutein gap.

## 5 WAYS TO GET 10 MG OF LUTEIN<sup>13</sup>



## WHAT'S YOUR LUTEIN LEVEL?

The measure of the amount of lutein and zeaxanthin in your eyes is called macular pigment optical density, or MPOD. It helps to know your number! Low MPOD means less protection from excess blue light. Talk to your eye-care professional about a quick and easy test to measure your MPOD.\*

\* MPOD devices are fairly new and might not be available everywhere. Ask your eye doctors if MPOD testing is available in your area.