



LUTEIN-Z™ WITH ANTIOXIDANTS
UPC CODE 0 646420 4883 7

**NATURAL HEALTH PRODUCTS
DIRECTORATE (NHPD) CLAIMS:**

Jamieson Lutein-Z™ with Antioxidants is pending approval for the following NHPD claims:

- Helps to maintain eyesight in conditions associated with sunlight damage, such as cataracts and age-related macular degeneration
- Provides antioxidants for the maintenance of good health

GENERAL INFORMATION

Jamieson Lutein-Z™ contains a complex of concentrated lutein and zeaxanthin derived from marigold flowers to support eye health. This new one-a-day formula provides 10 milligrams of lutein per capsule, and is made from vegetarian ingredients. Jamieson Lutein-Z™ also contains a blend of antioxidants that aid in the maintenance of good health.

Lutein and its stereoisomer zeaxanthin are two carotenoids that play a critical role in the maintenance of normal visual function. These compounds are the predominant carotenoids in the macula (centre of the eye's retina), and it is the macula that is responsible for fine, detailed vision. High concentrations of lutein and zeaxanthin are responsible for the yellowish colour of the macula, and they are also the predominant carotenoids in the lens of the eye. Lutein and zeaxanthin impart yellow-orange colours to fruits and vegetables such as pumpkin and red peppers. They are also found in dark green vegetables, although the green pigment, chlorophyll, masks their colours.

Age-Related Macular Degeneration (ARMD) is the most common cause of irreversible vision loss and legal blindness among older adults. It is a degenerative condition of the macula, the region of the retina that is responsible for detailed and central

vision. Prevalence of ARMD increases with age, and once in its later stages, ARMD usually cannot be successfully treated. This leads to vision loss that cannot be restored, and therefore, prevention of ARMD is very important. There is evidence to suggest that dietary intake of lutein and zeaxanthin can help to reduce the risk for ARMD.

Lutein and zeaxanthin may protect against ARMD in two ways. Firstly, each of these compounds has the ability to absorb light, and secondly, they both function as antioxidants and help quench free radicals. Lutein and zeaxanthin are concentrated in the area of the retina where light exposure is most intense, and therefore, they may help protect against light damage over many years. These pigments act as a filter to protect eye structures from the damaging effects of the sun's ultraviolet (UV) light. Lutein and zeaxanthin also prevent free radicals from damaging the retina, since these reactive oxygen species are particularly high in this region of the eye. This is caused by sunlight, which promotes the development of free radicals, and leads to a high rate of oxidative metabolism in the body.

Grape seeds are a rich source of bioflavonoids, which have antioxidant activity. These antioxidants are called oligomeric procyanidins (OPCs) the most active of which seem to be the leucoanthocyanins. The antioxidant activity of leucoanthocyanins in grape seed extract has been demonstrated in several experimental models.

Bilberry fruit contains flavonoid compounds known as anthocyanosides, which are also powerful antioxidants that help protect cells from damage caused by free radicals. Bilberry is important for maintaining healthy vision, and is also useful for treating various eye disorders, including cataracts and ARMD.

Ginkgo biloba is an antioxidant that is beneficial for the circulatory system, as it helps to increase the flow of oxygen-rich blood to various parts of the body. It is thought that ginkgo biloba may be useful for treating ARMD because of its ability to increase the flow of blood to nerve-rich fibres in the eyes.

For Accidental Overdose (such as child ingesting formula)
Dial 911, ask for operator assistance or call your nearest Poison Control Centre

For Professional Use Only
The information contained here has been accumulated from many sources.
Indications are not intended as cures, they are simply a guideline to be used at your professional discretion.

For more information please visit www.jamiesonvitamins.com or call 1-800-265-5088 to speak to a Consumer Affairs representative.

07/30/10



Green tea extract contains polyphenols, which function as antioxidants in the body. One powerful polyphenol found in green tea is epigallocatechin gallate (EGCG). This compound is important because it also increases the production of the body's own antioxidant enzymes.

Jamieson Lutein-Z™ is formulated from natural sources and is pharmaceutically tested to guarantee full potency and absolute clinical purity.

What makes Lutein-Z™ from Jamieson Laboratories different...and why does this difference mean better?

- 1) A complex of concentrated Lutein and Zeaxanthin derived from marigold flowers.
- 2) Fortified with a botanical complex from standardized extracts of Grape Seed, Ginkgo Biloba, Bilberry Fruit and Green Tea Extract. These contain important antioxidant nutrients that act synergistically with Lutein and Zeaxanthin.
- 3) Our premium formulations are manufactured using the 360 Pure process - a minimum of 360 quality tests that guarantee traceability and reliability of raw material, product safety, full potency and absolute clinical purity.

INGREDIENT INFORMATION

Available as 30 capsules.

Each capsule contains:

- Lutein (*Tagetes erecta*, flower).....10 mg
- Zeaxanthin (*Tagetes erecta*, flower)..... 500 mcg
- An antioxidant support complex93 mg
- Yielding:
- Grape Seed (100:1) Extract (*Vitis vinifera*).....25 mg
Standardized to 95% proanthocyanidins Equivalent to 2500 mg dried herb
- Ginkgo Biloba Leaf (55:1) Extract40 mg
Equivalent to 2200 mg dried herb
- Bilberry (4:1) Extract 25 mg
(*Vaccinium myrtillus*, fruit) Equivalent to 100 mg dried herb
- Green Tea (*Camellia sinensis*, leaf).....3 mg
Standardized to 40% polyphenols

EXCIPIENTS

Cellulose, Dicalcium Phosphate, Vegetable Magnesium Stearate, Silica.

DIRECTIONS

Adults: Take 1 capsule daily. Store between 15°C-25°C, away from children.

INDICATED BENEFITS

- Helps support eye health
- Treats and protects against macular degeneration and cataract conditions
- Acts as a powerful antioxidant for vision health by protecting eyes from damage caused by light-induced free radicals.

NUTRIENT INTERACTIONS

Drug Interactions

None known when taken as directed.

Nutrient Depletions

None known when taken as directed.

Supportive Interactions

None known when taken as directed.

WARNINGS AND PRECAUTIONS

Do not use if pregnant or breastfeeding. Consult a healthcare practitioner prior to use if you are taking any medication.

TOXICITY, ADVERSE REACTIONS AND SIDE EFFECTS

Do not exceed recommended dosage. High doses of carotenoids may turn the skin, especially palms of hands and soles of feet, a shade of orange. If this occurs, reduce dosage until skin returns to normal.

For Accidental Overdose (such as child ingesting formula)
Dial 911, ask for operator assistance or call your nearest Poison Control Centre

For Professional Use Only
The information contained here has been accumulated from many sources.
Indications are not intended as cures, they are simply a guideline to be used at your professional discretion.

For more information please visit www.jamiesonvitamins.com or call 1-800-265-5088 to speak to a Consumer Affairs representative.