# Lutein

## Overview

- Lutein is a type of carotenoid found in dark green and yellow vegetables, fruits, and egg yolk.

- More specifically, lutein is a xanthophyll carotenoid and it, along with another close chemical, zeaxanthin, are found in higher concentrations in both green and yellow vegetables than even beta-carotene.

- Lutein, just like other carotenoids, is an antioxidant, and it is believed to have possible roles in several chronic diseases, such as: age-related macular degeneration (AMD) and cataracts, various types of cancer, heart disease and stroke.
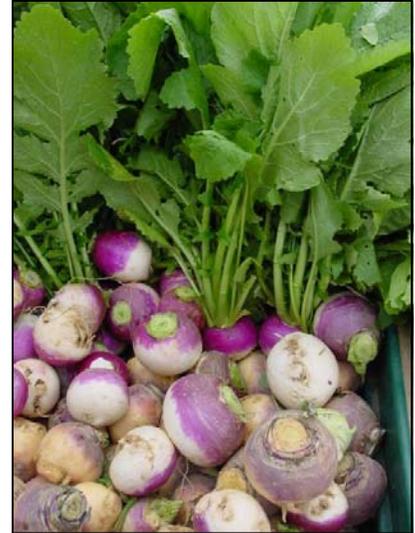


## Where is Lutein found?

Lutein is found in green leafy vegetables. Vegetables such as kale, spinach, turnip and collard greens have the highest concentrations of lutein. Lutein is also found in squash, eggs, corn and onions.

Lutein may play an important role in reducing one's risk for diseases of the eye. A high intake of lutein has been associated with a reduced risk of developing AMD and cataracts.

## Proposed Health Effects

- Protective effects of lutein has been found in studies of breast, lung, prostate, ovarian, and kidney cancers.

- Epidemiological data from two studies suggest that lutein may have a protective effect against the progression of early atherosclerosis. Lutein may protect lipids from oxidizing.

- Higher intake of lutein may protect against ischemic stroke.

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