



Agreed  
The head of expert council

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## Lutein Forte

### Instruction (information for consumers) on dietary supplement intake

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#### Description

The Dietary Supplement is the additional source of carotinoids, flavonoids, vitamins and minerals essential for the eye support.

This new-aged product contains a great deal of free lutein, zeaxanthin, Ginkgo biloba extract, taurine, vitamins A, C, E, selenium, cuprum, chrome and zinc.

All the components provide the effective eye protection and enforce the antioxidant effect for visual function stabilization as well.

*"Lutein-Forte" contains the free active lutein, produced from the natural plant substances by DSM Nutritional Products Company (Switzerland). The unique patented microcapsulation "Actilease" technology provides the maximum bioavailability and lutein preservation during all the shelflife of the product.*

#### Product form description

Pills of round shape with hemispheric

ends. Each pill is of 0,5 g. 30 pills per pack.

#### Composition:

**According to the SanPin 2.3.2.1078-01 1 pill of "Lutein-Forte" DS contains the following bio active substances**

Name	Content per 1 capsule	% of daily need
Lutein, mg	4,5	90*
Zeaxanthin, mg	0,5	50*
Vitamin A, IU	1650	50
Vitamin E, mg	15,0	150
Vitamin C, mg	50	70
Zinc, mg	7,5	50
Cuprum, mg	1,5	150*
Chrome, mcg	50,0	100*
Selenium, mcg	25,0	35
Taurine, mg	100,0	25*
Flavonoids, mg	10,0	30*

\* – PI Research Institute of Nutrition RAMS

#### Characteristics

##### Lutein and zeaxanthin

Lutein and zeaxanthin accumulate in the macular (central) retina and in lens, where help protect the important eye structures from oxidative stress and high-energy blue light reflecting and absorbing the late. Lutein and zeaxanthin are the first-order strong

antioxidants. They are able to neutralize the free radicals, preventing retina degeneration and lenticular opacity.

##### Ginkgo biloba extract

Being of antioxidative activity Ginkgo biloba extract improves the cerebral circulation. The extract components reduce the thrombosis and capillary permeability; this speaks well on the diabetic retinopathy and other conditions accompanied by the peripheral tissue chronicle ischemia.

##### Taurine

This amino acid is implicated in photoelectric signal sending, it stimulates the eye tissue regenerating and metabolism. It also normalizes the cell membrane functioning and activates the energy metabolism.

##### Vitamin A

It is in charge of eye pigment (rhodopsin) exchange. It plays the big role in the aftervision (photoelectric signal) mechanism initiation. Rhodopsin regeneration and its higher content in the retina provide the best adaptation to the darkness (dark adaptation).

##### Vitamin C

It is of strong antioxidative activity and shows fast and inversive redox transformation. It regulates the visual

pigment (rhodopsin) and normalizes the capillary permeability. Vitamin C reduces the excessive intraocular tension and glaucoma development risk.

### **Vitamin E**

It accelerates the damaged cells regeneration, takes part in tissue respiration and other important processes. It prevents the high capillary fragility and permeability.

Selenium, cuprum, chrome and zinc A complex of the essential microelements is the constant part of the eye tissue providing its normal metabolism and cell structure regeneration.

### **Positive effect on the body**

The retina (especially its central part macular) and lens have the strong natural pigments-type protection: lutein and zeaxanthin. There are six hundreds carotinoids-like substances but only lutein and zeaxanthin are able to penetrate into the eye tissue. The retina and lens' health depends on lutein and zeaxanthin level.

Our body does not synthesize lutein, it reaches the body with fruits and vegetables consumed. Zeaxanthin formed from lutein in the retina. One should intake 5 mg of lutein and 1 mg of zeaxanthin that is equivalent to 250

g of spinach, 0,5 kg of sweet pepper or 1 kg of carrot to preserve the strong eyes. The usual ration is 20% poorer than recommended.

The computer and TV screen radiation, any other bright light damages the most important eye part – macular, the retina central part. In time this may bring about the grave consequences – age macular degeneration (AMD).

AMD is the most widely-spread cause of blindness among elderly people after 60.

But now AMD is getting younger. More and more people face this disease at 50-55. Smoking aggravates the problem: AMD development risk among smokers is 6 times higher.

There is no way to return vision lost as the result of AMD and optic nerve atrophy. That is why one should do all the possible to stop the pathologic process.

“Lutein-Forte” is the additional source of lutein, zeaxanthin and of the essential vitamins and microelements at complex AMD therapy. It is effective in patients with initial stages of disease to preclude the development of central retinal area degeneration. Ophthalmology department of Kirov

Military Medical Academy conducted the clinical researches on that subject.

**Contraindications:** The individual intolerance of the components. Consult a doctor before taking.

### **Application:**

Adults and children after 14 – 1 pill twice a day at mealtime. The course is 1 month.

**Storage conditions :** Keep at dry cool place far from the direct sun at the temperature not exceeding 25°C and relative humidity not exceeding 75 %. Keep away from children.

**Shelflife** - 2 years

**TOR 9197-006-43298286-04**

It is not a medicine.

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**The manufacturing was certified according to the ISO standards (certificate № 4879)**

### **Manufacture address:**

Posjelok Loza, Sergievo-Posadsky rayon, Moskovskaya oblast, Russian Federation

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