

Lutein and zeaxanthin improve the visual performance of healthy people

Kaiseraugst, CH, 04 Mar 2008

New findings published in *Optometry and Vision Science* on February 1st 2008 indicate that lutein and zeaxanthin play a wider role than was previously thought in improving human eyesight. Lutein and zeaxanthin are two dietary carotenoids which accumulate in the 'yellow spot' or macula lutea of the retina. Until recently, higher levels of these carotenoids in the retina were associated exclusively with a decreased risk of age-related macular degeneration. The new findings suggest that they can also improve the vision of people with healthy eyes.

The new link is specifically with the effects of glare on the normal eye. The investigators – JM Stringham and BR Hammond of the Vision Science Laboratory, University of Georgia, Athens, Georgia – demonstrated that six months of supplementation with FloraGLO® lutein and OPTISHARP® zeaxanthin significantly reduced the deleterious effects of glare on a test group of people with normal eyesight. These two carotenoids are formulated using special Actilease® technology to help improve the bioavailability.

Many situations in ordinary life expose people to glare – and not only outdoors on bright, sunny days. Lengthy periods looking at computer monitors can place a great strain on the eyes. Night driving exposes people to the intense beam of oncoming headlights. Exposure to glare can, indeed, cause temporary blindness. Supplementation with FloraGLO® Lutein and OPTISHARP® Zeaxanthin may therefore have an important role to play in supporting the safety and well-being of people with healthy eyes as well as those with age-related macular degeneration.

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References

Stringham, J.M. and B.R. Hammond, *Macular Pigment and Visual Performance under glare conditions*. *Optometry and Vision Science*, 2008. 85(2): p. 82-88.

About DSM Nutritional Products

DSM Nutritional Products is the world's leading supplier of vitamins, carotenoids and other fine chemicals to the feed, food, pharmaceutical and personal care industries. The business has sales of about EUR 2 billion and a long tradition as a pioneer in the discovery of new products, new formulations and attractive applications for all industry segments. For further company information please visit www.dsmnutritionalproducts.com

About DSM

DSM is active worldwide in nutritional and pharma ingredients, performance materials and industrial chemicals. The company develops, produces and sells innovative products and services that help improve the quality of life. DSM's products are used in a wide range of end-markets and applications, such as human and animal nutrition and health, personal care, pharmaceuticals, automotive and transport, coatings and paint, housing and electrics & electronics (E&E). DSM's strategy, named Vision 2010 – Building on Strengths, focuses on accelerating profitable and innovative growth of the company's specialties portfolio. The key drivers of this strategy are market-driven growth and innovation plus an increased presence in emerging economies. The group has annual sales of over €8 billion and employs some 22,000 people worldwide. DSM ranks among the global leaders in many of its fields. The company is headquartered in the Netherlands, with locations in Europe, Asia, Africa, Australia and the Americas. More information about DSM can be found at www.dsm.com

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