

LUTEIN

Meaning: Lutein is a carotenoid pigment found in certain plants that acts as a powerful antioxidant and is important for maintaining eye health.

1. Lutein is a powerful antioxidant that is essential for eye health.
2. Many leafy green vegetables, such as spinach and kale, are rich sources of lutein.
3. Research has shown that lutein may help reduce the risk of age-related macular degeneration.
4. Some dietary supplements include lutein as a key ingredient for its potential health benefits.
5. Including lutein in your diet can contribute to better vision and overall well-being.

Source: sentences.whatistheurl.com

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