What is Lutein?
Lutein is a nutrient that plays a unique role in supporting eye health.1–4 During the first year of life, an infant’s brain and eyes are developing rapidly — and what a baby sees now sets the stage for a lifetime of learning.

A baby’s brain and eyes depend on nutrition. During the critical time of brain and eye development, DHA and Lutein are important nutrients.

Why Lutein Matters
Lutein concentrates in the retina, and more specifically, the macula. The macula is a small, highly specialized area of the retina involved in relaying information to the visual cortex of the brain. Research shows that infancy is a period of significant synapse development in the human visual cortex.

It has been established that Lutein is present in the eyes, but now, a recent study demonstrated — for the first time — that Lutein is also present in the infant brain. It is the predominant carotenoid found in key regions that are associated with memory and learning.5

In the first months of life, a baby’s retina undergoes significant developmental changes.6 Research shows that Lutein works in two ways:

• Protects eyes by absorbing potentially damaging light
• Protects against oxidative damage

Furthermore, emerging science suggests that Lutein may help protect omega fatty acids, like DHA,2,7 and is important for eye health.

The Latest on Lutein

Lutein is found in foods like leafy greens, eggs and certain fruits.

Lutein is 1000 times more concentrated in the eye than in the blood.

Lutein is a carotenoid — a pigment that gives many fruits and vegetables their bright colors.
**How to Get Lutein**

Lutein is naturally found in breastmilk (including colostrum, the first milk produced after giving birth for the early days of breastfeeding). Prior to the introduction of solid foods, a baby can get Lutein from breastmilk and Similac®.

Breastfeeding moms are encouraged to eat a balanced diet including foods with Lutein to help their infants get this key nutrient.

### Sources of Lutein

<table>
<thead>
<tr>
<th>For Breastfeeding Mothers and Infants Transitioned to Solid Food*</th>
<th>For Infants†</th>
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<tbody>
<tr>
<td>Spinach</td>
<td>Breastmilk</td>
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<td>Kale</td>
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<tr>
<td>Zucchini Squash</td>
<td>Infant formulas supplemented with Lutein, such as Similac® Advance®</td>
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<tr>
<td>Green Beans</td>
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<td>Corn</td>
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<td>Apples</td>
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### Media Contact

For more information about Similac, please contact Hollie Andrews or Nicolette Eshelbrenner of Abbott at (614) 624-7485 or visit www.e-mediaron.com/similac.

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* Not an exhaustive list. Foods listed in descending order of Lutein content.
† Prior to the introduction of solid foods

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