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Lutein

National Cancer Institute

Source

National Cancer Institute. *Lutein*. NCI Thesaurus. Code C1965.

Lutein (LOO-teen) is a oxygenated carotenoid found in vegetables and fruits. lutein is found in the macula of the eye, where it is believed to act as a yellow filter. Lutein acts as an antioxidant, protecting cells against the damaging effects of free radicals.