

Ready to start planning your care? Call us at [800-525-2225](tel:800-525-2225) to make an appointment.

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Lutein is a chemical made by plants, fungi, and some bacteria. It's also found in some foods, such as:

- Egg yolks
- Kale
- Spinach
- Bok choy
- Arugula
- Cauliflower
- Cabbage
- Broccoli
- Green beans
- Mangoes
- Papayas
- Peaches
- Oranges

Lutein supplements come as tablets, capsules, softgels, and powders.

What are the potential uses and benefits?

Lutein is used to:

- Treat cataracts (cloudiness in the lens of your eye).
- Prevent and treat macular degeneration (an eye condition that can cause vision loss).
- Improve how clearly you see.
- Prevent cancer.

Lutein has other uses, but doctors have not studied them to see if they work.

Lutein that you get from food is safe. Talk with your healthcare provider before taking lutein supplements. They are stronger than the lutein you get from food.

Some herbal supplements can affect how some medications work. For more information, read the “What else do I need to know?” section below.

What are the side effects?

Side effects have not been reported.

If you have questions or concerns, contact your healthcare provider. A member of your care team will answer Monday through Friday from 9 a.m. to 5 p.m. Outside those hours, you can leave a message or talk with another MSK provider. There is always a doctor or nurse on call. If you’re not sure how to reach your healthcare provider, call 212-639-2000.

For more resources, visit www.mskcc.org/pe to search our virtual library.

Lutein - Last updated on November 16, 2022



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