# **Lutein and Zeaxanthin Dietary Supplements**

# and Age-Related Eye Disease (ARED)

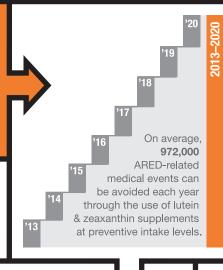
A new economic report shows that taking specific dietary supplements can provide significant individual and societal healthcare savings, by reducing the number of hospitalizations and other costly medical events associated with chronic diseases. This infographic demonstrates the cost savings that can be realized through the utilization of lutein and zeaxanthin supplements among all U.S. adults over the age of 55 with Age-Related Eye Disease (ARED).



# Relative risk reduction

Taking lutein and zeaxanthin supplements at preventive intake levels can reduce the risk of having an AREDrelated event.

How lutein and zeaxanthin works Lutein and zeaxanthin are richly colored nutrients that protect the eye by filtering out damaging light rays before reaching sensitive inner structures, such as the macula, Supplementing with lutein/zeaxanthin can help protect the eye against oxidation and reduce the risk of age-related eye disease.



# 7,774,000

## **Events avoided**

between 2013 and 2020 among the target population of U.S. adults over 55 with age-related eye disease.





### **Potential savings**

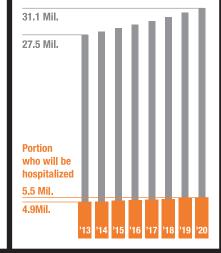
Between 2013 and 2020, medical event costs related to ARED will average nearly \$21 billion annually. The use of lutein/zeaxanthin supplements at preventive intake levels by the targeted population of U.S. adults 55+ who have age-related eye disease can reduce those costs.

	AVERAGE ANNUAL (2013–2020)	CUMULATIVE (2013–2020)
Avoided expenditures with supplementation	\$3.9 billion	\$30.9 billion
Net savings after cost of supplements	\$1.0 billion	\$7.7 billion
Savings yet to be realized if targeted population takes lutein & zeaxanthin at preventive intake level	\$928 million	\$7.4 billion

#### ARED human toll

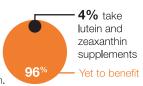
The number of U.S. adults over 55 with ARED is expected to rise 13% between 2013 and 2020.

Adults over 55 with ARED



#### The opportunity

Lutein/zeaxanthin supplements are used by 4% of U.S. adults 55+, which means that 96% of U.S. adults 55+ are not taking lutein and zeaxanthin. There are still cost savings yet to be realized through the increased usage of lutein/zeaxanthin among the high-risk target population.





Median cost at preventive intake levels, 2013



% of targeted population that will experience a medical event

Notes: Numbers have been rounded. Exact numbers can be found in the full report. Sources: Smart Prevention—Health Care Cost Savings Resulting from the Targeted Use of Dietary Supplements - Frost & Sullivan, www.frost.com; Event rate data from the Centers for Disease Control and Prevention, www.cdc.gov

## **Preventive Intake Level**

Frost & Sullivan identified a preventive level based on their meta-analysis of scientific studies included in this economic report.

Consumers who are interested in the findings of this economic report should talk about smart prevention with their health care practitioners to determine which dietary supplements at which intake levels may be appropriate for them.



**10** mg.

**2** mg.

**Preventive intake** level for adults 55 and over