In a clinical study, an assessment was made of the risk of age-related macular degeneration, which is the main cause of visual damage in the elderly. The function of lutein is to protect tissues and to avoid free radical formation by creating a shield that is capable of absorbing the dangerous waves of light. The relationship between the blue light exposure and the risk of suffering from age-related macular degeneration may reduce the risk of suffering from age-related macular degeneration. The filtering efficacy was as follows: Lutein > zeaxantine > beta-carotene > lycopene. Studies have confirmed that lutein has a significant protective action against the damages caused by blue light; thus, reducing the aging process of the retina and the evolution of irreversible and serious degenerative pathologies such as age-related macular degeneration (AMD) and cataracts. The function of lutein is to protect tissues and to avoid free radical formation by creating a shield that is capable of absorbing the dangerous waves of blue light. In addition, due to its antioxidant characteristics, it protects the retina cells from the oxidation of the membranes phosphorylated. Epidemiological data suggest that intake of a lutein-rich diet reduces the risk of age-related macular degeneration, which is the main cause of visual damage in the elderly. In a clinical study, an assessment was made of the efficacy of lutein in filtering the blue light in the stemata, liposomes contained in the corneal epithelial space with a fluorescent ink, lutein yellow, which is excitable with blue light. Carotenoids were incorporated in the lysosomal membrane. The fluorescent emission in the carotenoid-containing liposomes was lower than that in the carotenoid-free controls exposed to the blue light, thus indicating its filtering effect. The filtering efficacy was as follows: Lucifer yellow > Lucifer yellow + zeaxantine > lutein + zeaxantine > beta-carotene > lycopene. Vitamin C (ascorbic acid) is one of the most powerful reducing agents in the body and the main water-soluble anti-oxidizing agent and for these reasons it performs its function in the aqueous cell phase, further reducing the lipid peroxidation by regenerating vitamin E after oxidation thereof. Ascorbic acid is principally absorbed at the higher portions of the small intestine through active transport of sodium ions. At high concentrations, absorption occurs through passive diffusion. After oral administration of a dose not greater than 180 mg, absorption is in the 70-90% range. After ingestion of 1-2 g, the percentage decreases to approximately 50% to 15%; however, the absolute amount of absorbed substance keeps increasing. About 24% of the ascorbic acid binds to plasma proteins. Serum concentrations (especially above 10 mg/L (60 mmol/L). Ascorbic acid is partly metabolized first to dehydroascorbic acid and then to maleic acid. When its provision is too high, it is eliminated unchanged through urine and feces. In urine, it is also identified with another metabolite, ascorbate 2-sulfate. After an oral dose of 50 mg of vitamin C, its half-life is about 14 days. Intake of a daily amount smaller than 1.5 mg of vitamin C results in a substantially renal elimination. With doses higher than 1 g, increasing amounts of the unchanged substance is eliminated through the feces. Vitamin E (dl-alpha tocopherol) is a liposoluble compound which very slowly, this property lends it an outstanding antioxidant role, particularly at the cell membrane level, thus avoiding lipid peroxidation. Vitamin E is the main liposoluble anti-oxidizing agent transported by blood. Zinc and copper are oligoelements, i.e. elements occurring at very low amounts in the body and being indispensable for good health keeping. Zinc and copper are oligoelements, i.e. elements occurring at very low amounts in the body and being indispensable for good health keeping. The recommended dose for adults is 1 capsule, once or twice a day; or according to the physician's judgment. The recommended dose for adults is 1 capsule, once or twice a day; or according to the physician's judgment. Pediatric use Delicate use product. To be administered under prescription and medical supervision. Pediatric use Delicate use product. To be administered under prescription and medical supervision. How supplied Packages containing 10 capsules. How supplied Packages containing 10 capsules. Overdosage There have been no reports to date of cases of non-treated overdosage. Overdosage may reduce the activity of oral anticoagulants as well as excretion of salicylates with consequent salicylaemia increase. Overdosage There have been no reports to date of cases of non-treated overdosage. Overdosage may reduce the activity of oral anticoagulants as well as excretion of salicylates with consequent salicylaemia increase. Adverse reactions At the recommended doses of the product, no adverse reactions have been described. Adverse reactions At the recommended doses of the product, no adverse reactions have been described.