

## BEH PODCAST – EPISODE 2

### WHAT BRAND OF LUTEIN WE USE

Dr. Miller: That's a good question regarding the Pure Focus. We had left those instructions (in the workbook), hoping against hope that the company that made it would start making it again. We're redoing some of that material, so I'm sorry there was that confusion.

Pure Focus was the lutein product we had used. It contained a little bit of Gingko in it to help get the lutein into the eyes better. It was interesting because it was a lyophilized product, meaning it was formed into tiny little fat soluble spheres that could be absorbed through the mucosa of the mouth. So it was great just for better absorption, but they got into trouble for two reasons. First, they got into trouble because the FDA said anything that's lyophilized is a drug, so you're selling a drug and you have to stop selling a drug unless you go through all the hoops to get it approved as a drug. They fought the good fight and said that it's not a drug, it's a supplement, and we're allowed to use this manufacturing process. But in the months and months that it took to do that, they lost their contract with their manufacturer. Making these things is a kind of alchemy, it's difficult, so they're not making it anymore and they can't find anybody who knows how to make it. They would love to make it again, but it's been difficult for them.

What we're using now is the lutein from allergy research, called FloraGlo lutein. It's a product out of Belgium made of the same raw material as FloraGlo that was used in the Pure Focus Product. It is far superior to anything else on the market.

People on eBay or Amazon say they are selling Pure Focus, but don't buy it! It's either horribly out of date, and they've just scratched the expiration date off the bottle, or it is a counterfeit. They're charging a lot of money for something that really isn't that good. So unfortunately, there are some scams out there because it was such a popular product. There are people trying to counterfeit the box or taking out-dated product and trying to sell it as fresh.

What we send to you as a product are pills from the company Allergy Research.

If you choose to use a product that is not made from the FloraGlo lutein, we recommend that you double the dose. For instance, we recommend that you take a daily dose of 40mg to 60mg of lutein per day of the FloraGlo product, but we recommend you take 80mg to 120mg per day of other lutein products.