



The Role of Lutein for Human Health

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Message from the Guest Editor

Dear Colleagues,

Lutein belongs to a group of xanthophyll pigments playing several important physiological functions in nature, including protection against oxidative damage. The presence of lutein in the human diet has been documented to have a pronounced effect in protection against the development of Age-related Macular Degeneration (AMD), a disease recognized as a main cause of blindness in elderly people. Moreover, lutein was suggested to have a beneficial effect in improving and preventing against decline of cognitive functions of a brain. Despite years of intensive studies on possible molecular mechanisms underlying beneficial activity of lutein and other xanthophylls for human health our understanding in this area is still not complete. Research on such mechanisms is reported and discussed in this Special Issue.

Prof. Dr. Wiesław I. Gruszecki
Guest Editor





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