

# HEALTHY EYES™

**Healthy Eyes™ is a dietary supplement to maintain and support proper visual function.\***

**Healthy Eyes™** contains 16 nutrients including vitamins, minerals and herbs that have been found to support optimal eye health and functions.\*

**Eye Structure and Function Support:**

- Quercetin and Rutin help support capillary integrity and work with Vitamin C to decrease bruising of the small capillaries in the eye.\* Rutin has also been associated with maintaining healthy ocular pressure within the eye.\* Quercetin helps support histamine levels within normal ranges to help maintain eye health.\*
- Bilberry helps with the formation and maintenance of connective tissues within the eye, has beneficial effects on microcirculation, assists in strengthening capillaries in the eye and protects the macula.\*
- Eyebright is an herb that improves microcirculation to the retina and helps maintain eye moisture and pressure.\*
- L-Taurine is essential for maintaining the structural integrity of the retina.\* If Taurine is depleted, rapid photoreceptor degeneration can result.\*
- Lutein and Zeaxanthin are antioxidants that support ocular health by inhibiting free radical reactions in the eye and by supporting the thickness of macular pigment.\* Lutein is found in high concentrations in the retina and macula of the eye. Lutein also helps protect the lens of the eye from the damaging effects of UV sunlight.\*
- Vitamin B12 helps nerve function by supporting the myelin sheath, which insulates nerves such as the optic nerve.\*

**Antioxidant Support:**

- Alpha Lipoic Acid is both fat and water soluble and can extend the biochemical life of L-Glutathione, and antioxidant Vitamins C & E.
- Beta carotene is a powerful antioxidant that is converted in the body to Vitamin A, which is essential to the protection and function of the retina of the eye.\*
- Lycopene is a powerful phytonutrient to help maintain optimal eye health.\*
- L-Glutathione is the key supporter in the lens. Its major function is to protect the lens from ultraviolet radiation which over time can cause clouding.\* The production of Glutathione in the lens declines with age.

- Vitamins C & E are antioxidants that support circulation and the structures of the eye.\*
- Selenium, Zinc & Riboflavin are nutrients necessary for supporting antioxidants such as glutathione and super oxide dismutase.

**Suggested Use:** As a dietary supplement, take 1 capsule with a meal, 3 times daily, or as directed by your healthcare practitioner.

## Supplement Facts

Serving Size 1 Capsule  
Servings Per Container 90

Amount Per Serving	% Daily Value
Vitamin A (as Beta-carotene) 1,500 mcg	167%
Vitamin C (as Ca Ascorbate & Ascorbic Acid) 250 mg	278%
Vitamin E (as d-alpha Tocopheryl Succinate) 20.1 mg	134%
Riboflavin 5 mg	385%
Vitamin B12 (as Methylcobalamin) 10 mcg	417%
Zinc (as Zn Citrate) 5 mg	45%
Selenium (as L-Selenomethionine) 25 mcg	45%
Lutein 6.75 mg	*
Lycopene 5 mg	*
Zeaxanthin 1.35 mg	*
L-Glutathione 10 mg	*
Taurine 50 mg	*
Alpha Lipoic Acid 25 mg	*
Quercetin 30 mg	*
Eyebright ( <i>Euphrasia officinalis</i> ) Extract (4:1) 60 mg	*
Bilberry ( <i>Vaccinium myrtillus L.</i> ) Extract 40 mg	*

\*Daily Value not established.

Other ingredients: hypromellose (capsule), microcrystalline cellulose, vegetarian leucine.

**Warning:** If pregnant or nursing, consult your healthcare practitioner before taking this product.

VEGETARIAN / GLUTEN FREE

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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