



VISION SUPPORT

Specifically formulated to help prevent Macular Degeneration.

ZINC - the antioxidant properties of zinc may help prevent this debilitating but very common eye condition or delay its progression.

LUTEIN – Also known as helenien. Shows great promise in helping to protect against macular degeneration and reducing the risk of cataracts in some.

BILBERRY – Evidence of helping with night vision.

VITAMIN A - A number of vision disorders involving the retina and cornea are associated with vitamin A deficiencies. Night blindness, for example, and xerophthalmia (characterized by dry eyes) improve with vitamin A supplementation. A large, population-based study conducted in Australia showed that vitamin A had a protective effect against cataracts.

CONTENTS	% DAILY VALUE
Zinc (aspartate) - 25 mg	167
Lutein - 20 mg	*
Bilberry (20% extract) - 80 mg	*
Vitamin A (beta-carotene) - 25,000 IU	500
Grape Seed (95% extract) - 100 mg	*
Quercetin - 100 mg	*
L-Taurine - 400 mg	*
N-Acetyl-L-Cysteine - 200 mg	*
Lycopene - 3 mg	*

WARNING

- Pregnant and nursing mothers should avoid zinc doses higher than RDA amounts (15 mg/day for pregnant women, 19 mg/day for lactating women during the first 6 months and 16 mg/day for lactating women during the second 6 months).
- Doses of zinc up to 30 mg daily are generally well tolerated, however, higher doses may cause adverse reactions. The most common are mild and gastrointestinal in nature – nausea, vomiting, etc.
- Quercetin should be avoided by pregnant and nursing mothers until consultation with their doctors.
- Quercetin has some adverse reactions such as gastrointestinal effects like nausea. Rare reports of headache and mild tingling of extremities.