

Health Basics

- An antioxidant formula designed to protect the delicate tissues of the eye from photo-oxidation*
- Lutein, zeaxanthin, and bilberry extract work together to protect the retina
- Vitamin C and other nutrients help maintain the structure and integrity of the lens*

Did You Know?

- Ophthalmologists recommend adding lutein and zeaxanthin to your daily diet to help maintain long-term eye health.*



ITEM# 134

As we age, there is a general decline in visual acuity. One of the most important reasons for the loss of visual acuity over time is the damage caused by environmental factors. The eyes are not sequestered inside the body as the heart or kidneys are. Except when we are asleep, our eyes are constantly exposed to environmental factors such as air pollution, dryness, and oxidative damage from sunlight.

*The comprehensive formulation of Visionex® supplement is designed to support long-term eye health, especially when combined with preventive measures against exposure of the eyes to harmful environmental influences.**

Natural Maintenance

What we actually see with the eye are the patterns of light that strike the retina, a light-sensitive layer of cells at the back of the eye. In the center of the retina is the macula, where the light rays are most highly focused and visual acuity is highest. The macula is especially vulnerable to oxidative damage because it has a high metabolic rate and because the light focused on it enhances the production of free radicals.

The central portion of the macula contains a yellow pigment called the macular pigment, which helps protect the sensitive receptors in the macula particularly from the potentially harmful effects of short-wavelength light. Our eyes receive support from the antioxidant carotenoids that exist in the macular pigment—lutein and zeaxanthin.*

Lutein

While the roles lutein and zeaxanthin play in the physiology of the eye are not completely known, the links between lutein and eye health are so strong that several national and regional health organizations have recommended the increase of dietary lutein. Lutein is believed to function in two ways: first as a filter of high-energy blue light and second as an antioxidant that quenches light-induced free radicals and reactive oxygen species.^{1,2*}

Zeaxanthin

Zeaxanthin, a yellow carotenoid, is an isomer of lutein. In the eye, lutein is predominant in the periphery of the retina while the concentration of zeaxanthin is greatest in the very center. This is where conditions most favor the formation of free radicals.

Why Visionex®?

In addition to lutein and zeaxanthin, the Visionex formulation contains these three important nutritional aids to eye health: bilberry extract, vitamin C, and zinc.

The bilberry fruit is rich in antioxidant anthocyanosides and has been shown to help retain healthy capillaries, including those in the eye.^{3*}

Vitamin C provides additional antioxidant protection, especially to the retina, where the concentration of vitamin C is significantly higher than that found in the blood.^{4*}

Zinc appears to provide an additive effect to antioxidants in promoting good visual acuity.^{5*}

References

1. Stahl W. Dev Ophthalmol 2005;38:70-88.
2. Richer S, et al. Optometry 2004;75(4):216-30.
3. Colantuoni A, et al. Arzneimittelforschung 1991;41:905-09. 1991.
4. Vanderhagen, et al. J Am Optometry Assoc 1993;64:871-78.
5. National Eye Institute (NEI) Clinical Advisory. 15 October 2001. (www.nlm.nih.gov/databases/alerts/amd.html).



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DIRECTIONS: ADULTS TAKE TWO (2) TABLETS DAILY, PREFERABLY WITH A MEAL.

Supplement Facts		
Serving Size 2 Tablets		
	AMOUNT PER SERVING	%DV*
VITAMIN C (AS CALCIUM, POTASSIUM, MAGNESIUM AND ZINC ASCORBATES)	500 mg	840%
ZINC (AS CITRATE)	10 mg	70%
LUTEIN (TAGETES ERECTA L., FLOWER)	10 mg	†
ZEAXANTHIN	2,000 µg	†
BILBERRY EXTRACT (VACCINIUM MYRTILLUS L.) FRUIT	50 mg	†

* Percent Daily Values are based on a 2,000 calorie diet.
† Daily Value not established.

OTHER INGREDIENTS: MICROCRYSTALLINE CELLULOSE, CROSCARMELLOSE SODIUM, ASCORBYL PALMITATE, DEXTRIN, DEXTROSE, SOY LECITHIN.

LABORATORY TESTED, QUALITY GUARANTEED. MEETS USP SPECIFICATIONS FOR POTENCY, UNIFORMITY, AND DISINTEGRATION, WHERE APPLICABLE.

*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.