



# Vision Essentials™

Supports Healthy Vision\*

*Vitamins, minerals and a potent berry blend to guard your eyes against pollution, UV light and eye fatigue.\**

## PRODUCT INFORMATION

Bios Life Vision Essentials™ is a powerful antioxidant formulation designed to protect the eyes from damaging free radicals and to support healthy vision.\* This potent formula is based on the ground-breaking National Institutes of Health (NIH) AREDS I and AREDS II studies that found that a combination of antioxidants helps delay the onset of Age-Related Macular Degeneration.<sup>1</sup> In addition to many of the antioxidants included in this study, Bios Life Vision Essentials™ includes a berry blend that is high in polyphenols, special types of antioxidants found in fruits and vegetables.

**Vitamin C** – A water-soluble antioxidant found in fresh fruits and vegetables. Although many mammals can produce vitamin C, humans must obtain their vitamin C from their diet.

**Vitamin E** – A fat-soluble antioxidant that helps prevent the production of reactive oxygen species formed when fat undergoes oxidation.

**Vitamin A** – A group of fat soluble antioxidants found in colorful fruits and vegetables. Found in carrots, this antioxidant is responsible for their bright orange color.

**Zinc** – Over 100 enzymes are dependent on this trace mineral for their ability to catalyze reactions in the body.<sup>2</sup> Zinc is found in meats, wheat, celery, beans and almonds.

**Lutein** – Derived from marigolds, this antioxidant is responsible for the plants rich color. The discovery by scientists that lutein is found in high concentrations in the eye led to studies to determine how lutein supplementation affects eye health.<sup>3,4,7,8</sup>

**Zeaxanthin** – Like lutein, zeaxanthin is found in high concentrations in the eye relative to other parts of the body. Zeaxanthin and lutein are major components of the peripheral retina. Zeaxanthin is responsible for paprika's bright red color.<sup>4,7,8</sup>

**Bios Life® Berry Blend** – A blend of antioxidant rich berries that help support healthy vision.\*

## FEATURES AND BENEFITS

- Scientific formulation based on the AREDS I and AREDS II studies designed to support healthy vision\*
- Potent Bios Life® Berry Blend is loaded with antioxidants to help the body neutralize free radicals\*
- A mixture of fat- and water-soluble antioxidants to provide greater protection against reactive oxygen species\*

\*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.

Item: 24758  
Serving size: 2 capsules  
Servings Per Container: 60 capsules

## Bios Life® Berry Blend

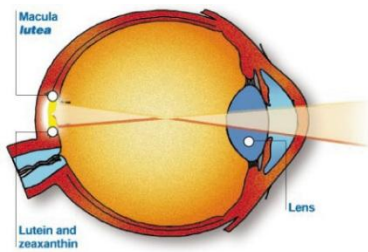
A blend of antioxidant rich berries designed to neutralize free radicals that includes:



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## FREQUENTLY ASKED QUESTIONS

- Q. I've heard a lot about lutein in eye health. What is it and why is it good for your eyes?
- A. Lutein is a fat-soluble carotenoid found in the lens and macula lutea of the eye. Lutein is able to filter blue light and act as an antioxidant. Blue light and reactive oxygen species are believed to contribute to the loss of vision.<sup>4,5,6,7</sup>



Lutein supplementation has also been found to improve visual functions: better photostress glare recovery, contrast sensitivity and visual acuity.<sup>6,8</sup>

Bios Life Vision Essentials uses FloraGlo lutein, the most clinically studied source of lutein and the number one doctor recommended source of lutein for eye health products.

To aid in understanding the significance of this, imagine driving down the freeway at night and staring at the light of an oncoming car's headlights. This bright light creates glare and makes it hard to make out details. Taking Bios Life Vision Essentials™ can help make it easier to read street signs and recover sooner from the bright glare of a headlight.

- Q. What can I do to protect my vision?
- A. Along with consulting with a physician, we recommend the following:

1. Take a supplement, like Bios Life Vision Essentials™ based on the AREDS I and II studies.<sup>1</sup>
2. Take an omega-3 fatty acid supplement<sup>9</sup>
3. Avoid lots of direct sunlight
4. Rest your eyes.

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## SCIENCE

### Age-Related Macular Degeneration (AMD)

AMD is a common pathology that affects the macula and; therefore, central vision. The macula is the central portion of the retina and is responsible for detailed vision and color vision, the vision we use to read, thread a needle, sign a check, or recognize faces. Central vision is what you see directly in front of you rather than what you see at the periphery of your vision.

### Prevalence

The Eye Diseases Prevalence Research Group (EDPRG) attributes AMD as the major cause of blindness among elderly people of European ancestry.<sup>10</sup>



Examples of how a person with AMD would view objects when damage has occurred to the macula. Credit: National Eye Institute, National Institutes of Health.

## REFERENCES

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## INGREDIENTS

Supplement Facts	
Serving Size: 2 Capsules • Servings Per Container: 30	
Amount Per Serving	% Daily Value
Vitamin C (as ascorbic acid)	120 mg 200%
Vitamin E (as vitamin E acetate)	100 IU 333%
Vitamin A (as beta carotene)	5000 IU 100%
Zinc (as zinc gluconate)	15 mg 100%
Lutein	10 mg †
Zeaxanthin	2 mg †
Proprietary berry blend	60 mg †
Fruit powders (Wild Blueberry, Strawberry & Cranberry), Wild Bilberry fruit extract, Elderberry extract, and Raspberry seed powder.	
† DV not established	

Other Ingredients: Hydroxypropylmethyl Cellulose and Microcrystalline Cellulose.



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