



HEALTHY VISION

A DIETARY SUPPLEMENT INCLUDING LUTEIN AND LYCOPENE TO MAINTAIN AND SUPPORT PROPER VISUAL FUNCTION¹

Healthy Vision is a dietary supplement to maintain and support proper visual function.*

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

Eye Structure and Function Support:

- **Quercetin** and **Rutin** are antioxidants that 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 an antioxidant that is both fat and water soluble and can extend the biochemical life of other antioxidants such as Vitamins C, E and L-Glutathione.
- **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 phytonutrient that has powerful antioxidant powers to help maintain optimal eye health.*
- **L-Glutathione** is the key antioxidant 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.

Supplement Facts

Serving Size: 1 Capsule

Amount Per Serving

Vitamin A (100% as Beta carotene)	5000 IU
Vitamin C (as Ca Ascorbate & Ascorbic acid)	250 mg
Vitamin E (as d-alpha Tocopheryl succinate)	30 IU
Riboflavin	5 mg
Vitamin B12 (as Methylcobalamin)	10 mcg
Zinc (as Zn Citrate)	5 mg
Selenium (as L-selenomethionine)	25 mcg
Lutein	6.75 mg
Lycopene	5 mg
Zeaxanthin	600 mcg
L-Glutathione	10 mg
Taurine	50 mg
Alpha Lipoic Acid	25 mg
Quercetin	30 mg
Eyebright (Euphrasia officinalis) Extract (4:1)	60 mg
Bilberry (Vaccinium myrtillus L.) Extract	40 mg

Other Ingredients: vegetable cellulose, rice flour, vegetarian leucine.

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

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

Distributed by
New England Family Health Center
Weston, MA 02493
781-237-8505
www.drbarrytaylor.com

02GP450.090

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.

Copyright© 2009. All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted, in any form or by any means, electronic, mechanical, photocopying, recording, or otherwise, without prior written permission of the copyright owner.