

# Preventive Medicine



## Vision Nutrition

### DESCRIPTION

Vision Nutrition is an advanced nutritional supplement designed to maintain ocular health that may decline as a result of dietary deficiencies, aging, toxins, free radical exposure, stress, and sunlight. The formula includes the antioxidants Alpha Lipoic Acid and Beta Carotene; Bilberry Extract, which contains bioflavonoids that support healthy histamine levels and helps remove materials from the retina; Eyebright, an herb that is used extensively for dry, irritated eyes, and eye strain; L-Glutathione and Lutein to help protect the lens from UV rays; Taurine, essential for maintaining the structural integrity of the retina; Quercetin and Rutin, antioxidants to support capillary strength; and Lycopene, a phytonutrient from tomatoes with antioxidant properties.

### FUNCTIONS

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

- 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.
- 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
- 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.
- 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.

### INDICATIONS

This formula was designed as a dietary supplement to maintain and support normal visual functions.

### FORMULA

**Serving Size:** 1 Capsule

#### Amount Per Serving

Vitamin A (100% as Beta carotene)...	5000 IU
Vitamin C .....	250 mg
Vitamin E .....	30 IU
Riboflavin .....	5 mg
Vitamin B12 3.....	10 mcg
Zinc (as Zn Citrate).....	5 mg
Selenium .....	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 Extract (4:1).....	60 mg
Bilberry Extract .....	40 mg

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

**These supplements have not been evaluated by the Food and Drug Administration.**

**This product is not intended to diagnose, treat, cure or prevent any disease.**

**SUGGESTED USE**

Use as directed by your healthcare practitioner.

**SIDE EFFECTS**

If pregnant or nursing, or taking medication, consult your healthcare practitioner before use. Keep out of the reach of children.

**DISTRIBUTED BY**

Preventive Medicine  
Carol Joy Gardner, D.O.  
905 Roosevelt Hwy, #205, Colchester Vt 05446  
802-879-6544

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