

Eyewise®

With Lutein, Bilberry, Grapeseed and Blackberry

Presentation

A red/brown oval coated tablet.

Each tablet delivers:

Riboflavin (Vitamin B2)	0.7mg
Zinc	5mg
Lutein Complex	100mg
Providing	
Lutein	20mg
Zeaxanthin	1000µg
Bilberry (provided by 50mg of a 4:1 extract)	200mg
Blackberry	200mg
(provided by 62.6mg of a 3.2:1 blackberry fruit powder)	
Grape Seed (provided by 10mg of a 50:1 extract)	500mg

quantity
60

type
tablets

code
8581



Tableted with:

Calcium Carbonate, Cellulose, Tablet Coating (Hydroxypropyl Methylcellulose, Colours: Titanium Dioxide & Iron Oxide), Anti-caking Agents (Silicon Dioxide, Stearic Acid, Magnesium Stearate), Crosslinked Cellulose Gum.

Disintegration time: Less than 1 hour.

Suitable for vegetarians  **and vegans** 

Uses

Much interest has been generated in the last few years regarding the two carotenoids, lutein and zeaxanthin since evidence is mounting that increased consumption of both of these (most notably lutein) may help maintain healthy vision as we age.

Lutein is a yellow carotenoid that is not made in the body, and so it has to be obtained from the diet or through supplements. Like all carotenoids, lutein is an antioxidant, and since it is found in the macula of the eye, it may protect the macula tissue from harmful oxidation by quenching free radicals. The reason that this is of such importance is that it is the macula that is responsible for detailed vision. Furthermore, lutein has also been shown to filter high-energy blue light that can damage the macula.

Eyewise® provides a full 20mg of lutein (pure, free-form) per tablet, making our product one of the strongest on the market. It also contains bilberry, blackberry and grapeseed (as concentrated extracts), since they all have potent antioxidant properties and are renowned for eye health. Plus the mineral zinc and B vitamin riboflavin, both of which are known to contribute to the maintenance of normal vision and to the protection of cells from oxidative stress.

Usage and administration

1 tablet daily.

Allergen advice

None (see page 194).

Cautions

This product is not recommended for pregnant or lactating women

Storage instructions

To be stored in a cool, dry place and protected from light.

Legal category

Food supplement.

