



USANA's Visionex supplement is designed to help maintain long-term eye health and support visual performance.

### THE BENEFITS OF VISIONEX

One important reason for the loss of visual acuity over time is the damage to our eyes caused by environmental factors. Except when we are asleep, our eyes are constantly exposed to environmental elements such as air pollution, dryness, and oxidative damage from sunlight. The ingredients found in Visionex work together to help support healthy vision. The formula is designed to help maintain eyesight conditions associated with sunlight damage, cataracts, and age-related macular degeneration.

Supplementation with the lutein and zeaxanthin in Visionex can also help preserve visual function.

### THE SCIENCE OF VISIONEX

When light shines through the inner layers of the retina, it is filtered through the yellow pigment of the macula. The macula is especially vulnerable to oxidative damage because it has a high metabolic rate and because the light focused on it encourages the production of free radicals. The yellow pigment helps protect the sensitive receptors in the macula from the potentially harmful effects of short-wavelength light.

Macular pigment includes the carotenoids lutein and zeaxanthin, an isomer of lutein, which protect eye health in two ways: first as filters that absorb some of the high-energy blue light and, second, as antioxidants that quench light-induced free radicals and reactive oxygen species.

Average levels of macular pigment tend to be low, especially in those who do not eat many fruits and vegetables. And maintaining an adequate level is important, not only for long-term eye health, but also because macular pigment optical density (MPOD) has been linked to visual performance. Supplementing with lutein and zeaxanthin can help improve MPOD, which may help support eye health conditions.

In addition to lutein and zeaxanthin, the Visionex formulation contains three other 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 support eye health. 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. And zinc appears to provide an additive effect to antioxidants in promoting good visual acuity.

### THE USANA DIFFERENCE

Sun exposure and screen time in front of a computer's glare can take a toll on your vision. Guard your long-term eye health with proper protection, such as sunglasses, and provide your eyes with the dietary carotenoids they need. The links between lutein and zeaxanthin and eye health are so strong that several national and regional health organizations have recommended an increase of dietary lutein. The amounts of lutein, zeaxanthin, and other eye-supporting nutrients working together in Visionex can help protect the future of your eyesight.



ITEM #134

**RECOMMENDED USE:** PROMOTES HEALTHY EYES AND REDUCES THE RISK OF CATARACTS AND AGE-RELATED MACULAR DEGENERATION. / **USAGE RECOMMANDÉ:** FAVORISE LA SANTÉ OCULAIRE ET RÉDUIT LE RISQUE DE CATARACTES ET DE DÉGÉNÉRESCENCE MACULAIRE ASSOCIÉE AU VIEILLESSEMENT. / **RECOMMENDED ADULT DOSE:** TAKE TWO (2) TABLETS DAILY WITH MEALS. / **DOSE RECOMMANDÉE POUR ADULTES :** PRENDRE DEUX (2) COMPRIMÉS PAR JOUR AVEC LES REPAS.

EACH TABLET CONTAINS:		CHACQUE COMPRIMÉ CONTIENT :	
MEDICINAL INGREDIENTS		INGRÉDIENTS MÉDICINAUX	
VITAMIN C	250 mg	VITAMINE C	
(CALCIUM, MAGNESIUM, POTASSIUM, AND ZINC ASCORBATES; ASCORBYL PALMITATE)		(ASCORBATES DE CALCIUM, MAGNÉSIMUM, POTASSIUM ET ZINC; PALMITATE D'ASCORBYLE)	
ZINC (CITRATE, ASCORBATE)	5 mg	ZINC (CITRATE, ASCORBATE)	
BILBERRY FRUIT EXTRACT (VACCINIUM MYRTILLUS, 100:1, EQUIV. TO 2.5 g FRESH FRUIT)	25 mg	EXTRAIT DE MYRTILLE (VACCINIUM MYRTILLUS, 100 : 1, ÉQUIVAUT 2.5 g DE FRUITS FRAIS)	
MARIGOLD FLOWER EXTRACT (TAGETES ERRECTA, STANDARDIZED TO 5 mg LUTEIN AND 0.17 mg ZEAXANTHIN)	100 mg	EXTRAIT DE FLEUR DE SOUCI (TAGETES ERRECTA, NORMALISÉE À 5 mg DE LUTÉINE ET 0.17 mg DE ZEAXANTHINE)	
ZEAXANTHIN	0.83 mg	ZEAXANTHINE	

**NON-MEDICINAL INGREDIENTS:** MICROCRYSTALLINE CELLULOSE, CARBOXYMETHYLCELLULOSE, DEXTRIN, DEXTROSE, SOY LECTHIN, SODIUM CITRATE. / **INGRÉDIENTS NON MÉDICINAUX :** CELLULOSE MICROCRISTALLINE, CARBOXYMETHYLCELLULOSE, DEXTRINE, DEXTROSE, LÉCITHINE DE SOJA, CITRATE DE SODIUM.

**KEEP OUT OF REACH OF CHILDREN. CONSULT YOUR PHYSICIAN IF YOU ARE PREGNANT, NURSING, TAKING A PRESCRIPTION DRUG, OR HAVE A MEDICAL CONDITION. / GARDER HORS DE LA PORTÉE DES ENFANTS. CONSULTEZ VOTRE MÉDECIN SI VOUS ÊTES ENCEINTE, ALLAITÉZ, PRENEZ UN MÉDICAMENT DÉLIVRÉ SUR ORDONNANCE, OU SOUFFRÉZ D'UN PROBLÈME DE SANTÉ.**

**THERE IS A SAFETY SEAL UNDER THE CAP. DO NOT USE IF THE SAFETY SEAL IS BROKEN OR MISSING. / CE FLACON EST SCÉLLÉ. N'UTILISEZ PAS LE CONTENU SI LA FERMETURE DE SÉCURITÉ EST ENDOMMAGÉE OU ABSENTE.**

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Optimizers

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