

Vision Defense 14

Product Reference Sheet



14 of the Most Potent Eye Supportive Antioxidant Nutrients in One Formula.

Aging, UV rays, free radical exposure, toxins, eye strain and nutritional deficiencies can all threaten the health of your eyes. Waiora's **Vision Defense 14** can help nourish and protect your eyes from the tolls of modern life. Unlike other eye formulas, Vision Defense 14 contains lutein, zeaxanthin and bilberry – the “Triple Crown” of eye health – combined with 11 other key eye nourishing nutrients necessary for optimal eye health.*

Key Benefits

- Helps support macula and retina health.*
- Contains more than the clinically recommended levels of lutein which may help protect against age-related vision problems.*
- Contains more lutein than most leading eye health formulas and multivitamins.*
- Promotes visual acuity.*
- Enhances night vision.*
- Contains potent antioxidants which can help protect the eyes from the effects of free radical damage.*

Triple Crown of Eye Health: Lutein, zeaxanthin and bilberry – three critical nutrients for eye health.*

The carotenoids lutein and zeaxanthin occur naturally in fruits and vegetables and are stored in the macular region of the retina as a result of dietary intake. A number of companies offer either lutein or zeaxanthin; Waiora's Vision Defense 14 combines the benefits of both, just as both are used in the eye. A Harvard University study suggests that consuming 6 mgs of lutein from green leafy vegetables may reduce the risk of developing age-related vision problems. Vision Defense 14 provides 8 mgs of lutein, which is abundantly more than most leading eye health formulas and multivitamins.*

Vision Defense 14 also includes bilberry extract, which is known to help support capillary strength and collagen within the eyes. It's also known to help enhance night vision. In fact, legend has it that the British Royal air force pilots flying midnight missions during World War II ate bilberry jam to improve their night vision.*

A Complete “Army” of Eye Supportive Antioxidants

Vision Defense 14 also includes beta carotene, vitamins C and E, zinc, copper, selenium, vitamin B-2 (riboflavin), alpha lipoic acid, rutin, taurine and lycopene to provide the most important spectrum of antioxidant nutrients that can help support and protect strong and healthy eyes for a lifetime.*



Item no. 4500 • 60 Capsules**
MEMBER: \$39.95 / Retail: \$49.95

Directions for use: ADULTS: Take two (2) capsules daily with food.

Supplement Facts

Serving Size: 2 Capsules	Servings Per Container: 30	
	Amount Per Serving	% DV
Vitamin A (as beta carotene and retinyl palmitate)	5000 IU	100%
Vitamin C (as calcium ascorbate)	60 mg	100%
Vitamin E (as d-alpha tocopherol succinate)	30 IU	100%
Vitamin B2 (riboflavin)	5 mg	294%
Zinc (as zinc oxide)	15 mg	100%
Selenium (as sodium selenite)	70 mcg	100%
Copper (as copper gluconate)	0.5 mg	25%
Taurine	300 mg	†
Bilberry Extract	160 mg	†
Rutin	20 mg	†
Alpha Lipoic Acid	10 mg	†
Lutein	8 mg	†
Lycopene	1 mg	†
Zeaxanthin	750 mcg	†

†Daily Value not established. **Plant-Based Capsules

Other Ingredients: Microcrystalline cellulose, hydroxypropyl methylcellulose, magnesium stearate, and silicon dioxide.